

Binge Eating Disorder

What is it?

Binge Eating Disorder is a type of eating disorder characterized by the following:

- ❑ Recurrent episodes of binge eating (about once a week for 3 months or more):
 - ❑ Eating large amounts of food
 - ❑ Feeling out of control while eating / unable to stop
- ❑ The binge eating includes 3 of the following:
 - ❑ Eating extremely fast
 - ❑ Eating until uncomfortably full
 - ❑ Eating a lot when not hungry
 - ❑ Eating alone out of embarrassment over bingeing
 - ❑ Feeling disgusted, depressed, or guilty after bingeing
- ❑ People with Binge Eating Disorder do not purge after binge eating, as in bulimia

Who has it?

- ❑ Anyone can have Binge Eating Disorder: males and females of all ages and cultures. Typically, binge eating begins in the late teens or early 20's
- ❑ Binge Eating Disorder is 3 times more common than anorexia and bulimia combined



What are the signs?

- ❑ Feeling “out of control” around food
- ❑ Stealing, hoarding, or hiding food for binges
- ❑ Engaging in secret episodes of binge eating
- ❑ Experiencing fluctuations in weight
- ❑ Creating lifestyle changes to make time for binge sessions
- ❑ Withdrawing from friends and family in order to binge
- ❑ Embarrassment about amount of food eaten / disgust and shame towards self
- ❑ Extreme concern over body weight

Why get help?

- ❑ Binge Eating Disorder is potentially life-threatening
- ❑ Without treatment, up to 20% of people with eating disorders die