

# SCREEN FOR DISORDERED EATING

30 million Americans suffer from eating disorders, and data suggests that rates of eating disorders in Veterans are comparable to or higher than those in civilians. Only 1 in 10 people suffering from an eating disorder get treatment, leading to dysfunctional eating being under-assessed and under documented. There is now a screen to help better identify disordered eating.

**PLEASE FILL OUT THIS SCREEN AND RETURN TO YOUR DIETITIAN OR MEDICAL PROVIDER.**

**PLEASE INDICATE YES OR NO FOR QUESTIONS BELOW**

Do you often feel the desire to eat when you are emotionally upset or stressed?

Yes

No

Do you often feel that you can't control what or how much you eat?

Yes

No

If Yes, how out of control do you feel with what or how much you eat on a scale below:

1

2

3

4

5

No Control

Rarely Control

Some Control

Frequent Control

Total Control

Do you sometimes make yourself throw up (vomit) to control your weight?

Yes

No

Are you often preoccupied with a desire to be thinner?

Yes

No

Do you believe yourself to be fat when others say you are thin?

Yes

No

**COMMON EATING DISORDER SIGNS AND SYMPTOMS INCLUDE:**

- Loss of control when eating and/or extreme restriction of food intake
- Intense fear of weight gain and/or poor body image
- Eating excessive amounts of food, often in response to stressful events or negative emotions
- Recurrent efforts to counteract food consumed such as self-induced vomiting, excessive exercise, abuse of laxatives, diuretics or insulin abuse

For more information please reach out to your dietitian or medical team or visit NEDA National Eating Disorder Association