

EATING DISORDER



LEARN SOME KEY FACTS

AN INITIATIVE BY CONSULT ANIKET



FACT 1

Eating disorders, such as anorexia nervosa and bulimia nervosa, involve abnormal eating and preoccupation with food as well as prominent body weight and shape concerns.



FACT 2

The symptoms or behaviours result in significant risk or damage to health, significant distress, or significant impairment of functioning.



FACT 3

**Anorexia nervosa
often has its onset during
adolescence or
early adulthood.**




FACT 4

Individuals with bulimia nervosa are at a significantly increased risk for substance use, suicidality, and health complications.



FACT 5


In 2019, 14 million people experienced eating disorders including almost 3 million children and adolescents.





FACT 6

Effective treatment options exist, including family-based treatment and cognitive-based therapy.





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