



ALPHA SIGMA PHI FRATERNITY to BETTER the MAN.

IDENTIFYING EATING DISORDERS

TYPES OF DISORDERS, WARNING SIGNS AND HOW TO HELP

Types of Eating Disorders:

- Anorexia – is characterized by weight loss and distorted body image.
- Bulimia – is characterized by a cycle of binge eating and compensatory behaviors such as self-induced vomiting designed to undo or compensate for the effects of binge eating.
- Binge Eating – is characterized by recurrent episodes of eating large quantities of food.
- Orthorexia – an obsession with proper or ‘healthful’ eating.

NOTE: Most common in men are Anorexia, Binge Eating and Bulimia.

Warning Signs:

- Excessive exercise
- Substance Abuse
- Preoccupation with weight, food, calories, carbohydrates, fat grams, and dieting
- Refusal to eat certain foods, progressing to restrictions against whole categories of food (e.g., no carbohydrates, etc.)
- Appears uncomfortable eating around others
- Skipping meals or taking small portions of food at regular meals
- Any new practices with food or fad diets, including cutting out entire food groups (no sugar, no carbs, no dairy, vegetarianism/veganism)
- Withdrawal from usual friends and activities
- Frequent dieting
- Extreme concern with body size and shape
- Frequent checking in the mirror for perceived flaws in appearance

How to Help:

- National Eating Disorders Awareness Week – see if there are events coordinate on campus that your Chapter can support.
- Encourage the Brother to see an on-campus nutritionist / counselor.
- Ensure balanced meals are available if your Chapter offers a meal plan.
- Speak to your Brother – offer continued brotherhood and support, be sincere and direct, and remember the most common psychological defense is denial.

Resources:

<https://www.nationaleatingdisorders.org/>

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