

DID YOU KNOW...

- 28.8 million Americans will experience an eating disorder in their lifetime.
- Eating disorders are not choices, but serious biologically-influenced illnesses with a genetic component.
- Individuals on the autism spectrum, with ADHD, or that have intellectual disabilities are much more likely to develop ARFID.
- ARFID affects as many as 5% of children and is more commonly diagnosed among boys.
- Social and environmental factors such as bullying, social media, trauma, or onset of other mental illnesses can impact eating disorder development.
- Eating disorders affect people of all genders, ages, races, ethnicities, body shapes and weights, physical and neurological abilities, sexual orientations, and socioeconomic statuses.
- Every 52 minutes someone dies as a direct result of an eating disorder.
- Families can be the patients' and providers' best allies in treatment.
- Full recovery from an eating disorder is possible. Early detection, intervention, and access to treatment are important.

FOR MORE INFORMATION

The National Alliance for Eating Disorders
Phone: (866) 662-1235
www.allianceforeatingdisorders.com
www.findedhelp.com

ABOUT THE ALLIANCE

The National Alliance for Eating Disorders (formerly The Alliance for Eating Disorders Awareness) is the leading national non-profit organization providing education, referrals, and support for all individuals (and their loved ones) experiencing eating disorders. Founded in October 2000, The Alliance has worked tirelessly to support eating disorder awareness and education, promote and provide access to care, offer comprehensive services such as support groups and outpatient care, and eliminate the shame and stigma associated with eating disorders.

The Alliance's services include:

- Referrals through a therapist-staffed helpline and comprehensive referral website/app, findEDhelp.com.
- Free, weekly, therapist-led support groups offered nationwide both virtually and in-person.
- Educational presentations to schools, communities, and agencies.
- Continuing education to healthcare providers and hospitals.
- Low-cost, life-saving, outpatient treatment to adults living in South Florida who are uninsured or underinsured.
- Unique and empowering scale smashing events and SmashTALK panel discussions aimed at college and university students.
- Advocacy for eating disorders and mental health legislation.

The Alliance understands that eating disorders are often impacted by a number of social, economic, and environmental factors. Using a Health at Every Size® framework, The Alliance aims to create an inclusive, culturally competent, and supportive space that acknowledges the multitude of factors that contribute to eating disorders.

NATIONAL ALLIANCE
for Eating Disorders

WHAT IS ARFID?

Avoidant/Restrictive Food Intake Disorder (ARFID) is an eating or feeding disturbance characterized by highly selective eating habits, disturbed feeding patterns, or both.

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WHAT IS ARFID?

Avoidant/Restrictive Food Intake Disorder (ARFID) is characterized by clinically significant struggles with eating and/or food. ARFID typically presents in childhood or early adolescence but may persist into adulthood. There are 5 sub-types of ARFID:

- **Avoidant:** Food refusal related to an adverse or fear-based experience (i.e., trauma, choking).
- **Aversive:** Limited diet in relation to sensory factors or sensory sensitivity.
- **Restrictive:** Little interest in feeding or eating.
- **Mixed:** Features of ARFID co-exist at time of diagnosis but may not be present at onset.
- **ARFID “Plus”:** An individual with avoidant, aversive, or restrictive types that develop features of Anorexia Nervosa.

It is important to note that there are negative health consequences of equal severity across all eating disorder categories.

DSM-5 DIAGNOSTIC CRITERIA

An eating or feeding disturbance (e.g., apparent lack of interest in eating or food; avoidance based on the sensory characteristics of food; concern about aversive consequences of eating) as manifested by persistent failure to meet appropriate nutritional and/or energy needs associated with one (or more) of the following:

- Significant weight loss (or failure to achieve expected weight gain or faltering growth in children).
- Significant nutritional deficiency.
- Dependence on enteral feeding or oral nutritional supplements.
- Marked interference with psychosocial functioning.

WARNING SIGNS (MAY INCLUDE)

- Avoidance of particular foods, based on texture, color, taste, smell, food groups, etc.
- Frequent vomiting or gagging after exposure to certain foods
- Inflexible eating behaviors
- Fear-based food restriction
- Lack of interest in food/Lack of appetite
- Limiting food intake
- Difficulty chewing food
- Trouble digesting specific types of foods
- Consumption of extremely small portions
- Dependence on external feeding tubes or nutritional supplements
- No body image disturbance or fear of weight gain

HEALTH COMPLICATIONS (MAY INCLUDE)

- Malnutrition
- Failure to gain weight (children)
- Gastrointestinal complications, such as bloating or constipation
- Fatigue or weakness
- Brittle nails, dry hair, or hair loss
- Difficulty concentrating
- Reduction in bone density or osteoporosis
- Cardiac complications
- Kidney and liver failure
- Anemia
- Electrolyte imbalances
- Low blood sugar

TREATMENT

Eating disorder treatment is essential and cannot be a luxury. However, only 1/3 of all individuals experiencing an eating disorder will receive treatment. The Alliance is dedicated to advocating and providing access to care for all individuals experiencing all types of eating disorders.

MEMBERS OF THE TEAM

- Individual Therapist
- Family Therapist
- Registered Dietitian/Nutrition Therapist
- Psychiatrist
- Physician
- Support Group
- Others

LEVELS OF CARE

- Outpatient (OP)
- Intensive Outpatient (IOP)
- Partial Hospitalization (PHP)
- Residential (RTC)
- Inpatient (IP)
- Acute Medical Stabilization

TREATMENT OPTIONS

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Family-Based Treatment (FBT)
- Acceptance and Commitment Therapy (ACT)
- Radically Open DBT (RO-DBT)
- Internal Family Systems (IFS)
- Exposure and Response Prevention (ERP)
- Emotion Focused Family Therapy (EFFT)
- Other therapies

GETTING HELP

If you think you or someone you know may be experiencing an eating disorder, please seek specialized, professional help as soon as possible. For more information on how to receive help, please visit findEDhelp.com, allianceforeatingdisorders.com, or call us at 866-662-1235.