

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. 39-45% of the risk of developing Binge Eating Disorder is through genetic heritability.
- 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.
- BED is the most common eating disorder among U.S. adults and affects 3x the number of those diagnosed with Anorexia Nervosa and Bulimia Nervosa combined.
- Families can be the patients' and providers' best allies in treatment.
- Less than 6% of people with eating disorders are medically diagnosed as "underweight."
- Full recovery from an eating disorder is possible. Early detection, intervention, and access to treatment are important.

FOR MORE INFORMATION

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 BINGE EATING DISORDER?

Binge Eating Disorder is characterized by recurring episodes of binge eating, feeling out of control while bingeing, and feelings of guilt and shame

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WHAT IS BINGE EATING DISORDER?

Binge Eating Disorder (BED) is rooted in restriction and characterized by recurrent episodes of overeating in a rapid manner, when not hungry, and often until extreme fullness. Binge eating episodes are marked by significant distress followed by feelings of shame, guilt, and depression. Individuals with BED do not typically use behaviors, such as fasting or purging, to counteract the binges. It is important to note that there are negative health consequences of equal severity across all eating disorder categories.

DSM-5 DIAGNOSTIC CRITERIA

An episode of binge eating is characterized by BOTH of the following:

- Eating, in a discrete period of time, an amount of food that is definitely larger than most people would eat in a similar period of time under similar circumstances.
- A sense of lack of control over eating during the episode.

The binge-eating episodes are associated with three (or more) of the following:

- Eating much more rapidly than normal.
- Eating until feeling uncomfortably full.
- Eating large amounts of food when not feeling physically hungry.
- Eating alone because of feeling embarrassed by how much one is eating.
- Feeling disgusted with oneself, depressed, or very guilty afterwards.

The binge eating occurs, on average, at least once a week for three months.

WARNING SIGNS (MAY INCLUDE)

- Eating large quantities of food
- Sense of lack of control over eating
- Eating until uncomfortably/painfully full
- Weight gain/fluctuations
- Feelings of shame, guilt, embarrassment, and disgust
- Self-medicating with food
- Eating alone, secretive eating, hiding food
- High levels of anxiety and/or depression
- Low self-esteem
- Social isolation
- Lack of compensatory behaviors

HEALTH COMPLICATIONS (MAY INCLUDE)

- Osteoarthritis
- Lipid abnormalities
- Increased blood pressure
- PCOS (Polycystic Ovary Syndrome)
- Chronic kidney problems
- Gastrointestinal problems
- Heart disease
- Certain cancers
- Gallbladder disease
- Joint and muscle pain
- Sleep apnea

The binge eating is not associated with the recurrent use of inappropriate compensatory behavior (for example, purging) and does not occur exclusively during the course of Anorexia Nervosa, Bulimia Nervosa, or Avoidant/Restrictive Food Intake Disorder.

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.