
What to do if there is a problem:

Don't expect the eating disorder to go away by itself. Seek help from a qualified professional immediately. Early diagnosis and prompt treatment greatly improve the chances of recovery. It is much more difficult for the person to change behavior that has gone on for years.

- Don't blame yourself or anyone for the eating disorder.
- Seek help for yourself. Join a family/friend support group or individual therapy to help you through this difficult time.



- Find a treatment program. Treatment programs may be either in-patient/residential or outpatient. Treatment needs will vary depending on the length and severity of the eating disorder, and any other related problems such as depression and anxiety.
 - Believe that you can get through this. Work hard at trying to make a full recovery.
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Mission Statement

The Pat Walker Health Center, University Health Services provides professional and comprehensive medical care, mental health care, health education, and health promotion for a diverse community of students, faculty, and staff. We, the University Health Services Staff of the Pat Walker Health Center, have a commitment to physical, mental, spiritual, social, and emotional health, the highest standards of quality, and appreciation of the value of each individual. Through these endeavors we support the educational mission of the University of Arkansas and the growth of each individual.

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Eating Disorders



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What is an eating disorder?

Eating disorders are complex, psychological illnesses where people try to control conflict and stress in their lives by controlling food. People with eating disorders become preoccupied, even obsessed, with food and weight. Eating disorders can lead to extreme behavior including self-starvation, bingeing, purging, and compulsive exercise.

Types of eating disorders:

- Anorexia - Self-starvation and excessive weight loss
- Bulimia - Secretive cycle of binge eating followed by purging
- Binge Eating Disorder - Consuming large quantities of food without purging activities.



Eating behaviors that can lead to weight problems or eating disorders...

Inadequate caloric intake: diets too low in calories can trigger the body to enter starvation mode resulting in lowered metabolism.

Unbalanced diet: To protect health we need a balance of fruits and vegetables, fats, dairy products, proteins, and carbohydrates. One type of food cannot replace the nutrients found in another.



Rapid weight loss: Research has shown that a healthy rate of weight loss is .5 -2 pounds per week. While it is possible to lose weight more rapidly, you're less likely to keep the weight off in the long term, and more likely to lose muscle mass.

Dieting has been linked to physical and psychological symptoms, including fatigue, anxiety, depression, growth failure, impaired performance in school, and decreased zest for life. It has also been identified as a precursor to the development of eating disorders.

Between 0.3-1% of young women have anorexia nervosa

Around 1-3% of young women have bulimia nervosa; 3% of the population suffer from binge eating disorder

Many more suffer from some, but not all, of the symptoms of anorexia nervosa or bulimia nervosa. Between 4 percent and 20 percent of young women practice unhealthy patterns of dieting, purging, and bingeing.

Warning signs:

Friends and family can learn to recognize the problem and encourage the person to get help. You should be concerned if you've noticed these warning signs:

- Persistent, negative comments about the way they look
- Feelings of shame and guilt about eating behavior and weight
- Continual dieting or fasting
- Misuse of laxatives, and diuretics
- Belief that reaching a "perfect" weight is necessary to be happy.

