Nine Truths about Eating Disorders

1. Many people with eating disorders look healthy, yet may be extremely ill.
2. Families are not to blame, and can be the patients’ and providers’ best allies in treatment.
3. An eating disorder diagnosis is a health crisis that disrupts personal and family functioning.
4. Eating disorders are not choices, but serious biologically influenced illnesses.
5. Eating disorders affect people of all genders, ages, races, ethnicities, body shapes and weights, sexual orientations, and socioeconomic statuses.
6. Eating disorders carry an increased risk for both suicide and medical complications.
7. Genes and environment play important roles in the development of eating disorders.
8. Genes alone do not predict who will develop eating disorders.
9. Full recovery from an eating disorder is possible. Early detection and intervention are important.

Produced in collaboration with Dr. Cynthia Bulik, PhD, FAED, who serves as distinguished Professor of Eating Disorders in the School of Medicine at the University of North Carolina at Chapel Hill and Professor of Medical Epidemiology and Biostatistics at the Karolinska Institutet in Stockholm, Sweden. “Nine Truths” is based on Dr. Bulik’s 2014 “9 Eating Disorders Myths Busted” talk at the National Institute of Mental Health Alliance for Research Progress meeting.

Leading associations in the field of eating disorders also contributed their valuable input.

Endorsing Organizations

AED

The Alliance for Eating Disorders Awareness

help, support, recovery.

BEDA

Binge Eating Disorder Association

EDC

Eating Disorders Coalition

EDPS

EDPS National Initiative for Eating Disorders

ied

ied ACTION

KANTOR & KANTOR

meda

multi-service eating disorders association

NIED

NATIONAL INITIATIVE FOR EATING DISORDERS

www.nied.ca

Project HEAL

Help to Eat, Accept and Live

REDI

Residential Eating Disorders Consortium

NEDA

Feeding hope

TRANS FOLK FIGHTING EATING DISORDERS