Let's Talk About Eating Disorders

The way we talk about eating disorders matters.
Here are some facts to help you discuss them.

"Eating disorders are serious and can be fatal."

Eating disorders often involve serious medical complications that can cause permanent damage or death. People with eating disorders also have an increased risk of dying by suicide.

"Eating disorders are caused by a variety of factors."

Several factors can increase a person's risk of developing an eating disorder, including biological, psychological, and social factors. An eating disorder is not a lifestyle choice.

"Eating disorders can affect anyone."

Eating disorders do not discriminate. They affect people of all ages, races, ethnicities, and sexes.

"You can't tell if someone has an eating disorder by looking at them."

People with eating disorders can be underweight, average weight, or overweight.

"Family members can be a patient's best ally during treatment."

Family members can encourage a family member with eating or body image issues to seek help and provide support during treatment.

"It is possible to recover from an eating disorder."

Recovery is possible with treatment and time.