

What are Eating Disorders

Eating disorders are serious and often fatal illnesses that are associated with negative thoughts, feelings and behaviors around food, eating, exercise and body image. Onset of symptoms typically occur in adolescence but is becoming increasingly more prevalent in childhood, which can have significant negative physical, mental and psychosocial consequences if not treated early. Sudden preoccupation with food, body weight, shape and size may be an early indicator of an emerging eating disorder.

Resource Toolbox



Signs of an Eating Disorder

- Lack of expected weight gain and/or unexpected weight loss
- Eating less than normal or refusal to eat when prompted
- Eliminating/restricting certain foods or food groups
- Withdrawal from friends or activities
- Increased restroom visits during or immediately after eating
- Sudden interest in meal prep/cooking and/or interest in watching cooking shows

1. Helpful Websites

Scan the QR code below to access:



- [NIMH.gov](https://www.nimh.gov)
- [NAMI.org](https://www.nami.org)

1. Useful Resources

Scan the QR code below to access:



- [Eating Disorders: A Guide to Medical Care](#)
- [Social Media Resources](#)
- [Eating Disorder Brochure for Families](#)

1. Treatment Guides

Scan the QR code below to access:



- [Identification and Management of Eating Disorders in Children and Adolescents](#)
- [Initial Evaluation, Diagnosis and Treatment of Anorexia Nervosa and Bulimia Nervosa](#)
- [Treating Eating Disorders](#)

5. Insightful Read

Mental Health Strategies for Pediatric Care, Susan G. Forman, PhD, Jeffrey D. Shahidullah, PhD, Cody A. Hostutler, PhD, Cori M. Green, MD, MS, FAAP, Rebecca A. Baum, MD, FAAP

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1. Helpful Websites

Scan or click on the QR code below to access:



- NationalEatingDisorders.org
- NEDA Parent Toolkit
- Maudsley Parents: A site for parents of eating disordered children
- The Plate-by-Plate Approach
- VeryWellMind: 7 Steps for When Your Child Has an Eating Disorder

2. Books for Older Adolescents and Young Adults

- *Biting Anorexia: A First-hand Account of an Internal War* by Lucy Howard-Taylor
- *Wasted: A Memoir of Anorexia and Bulimia* by Mayra Hornbacher
- *Second Star to the Right* by Deborah Hautzig
- *Life Without Ed* by Jenni Schaefer

3. Books for Parents

- *Help Your Teenager Beat an Eating Disorder, Second Edition* by James Lock MD, PhD and Daniel Le Grange PhD
- *How to Nourish Your Child Through an Eating Disorder: A Simple, Plate-by-Plate Approach to Rebuilding a Healthy Relationship with Food* by Casey Crosbie and Wendy Sterling
- *My Kid is Back: Empowering Parents to Beat Anorexia Nervosa, Second Edition* by June Alexander and Daniel Le Grange
- *Eating With Your Anorexic* by Laura Collins
- *Brave Girl Eating: A Family's Struggle with Anorexia* by Harriet Brown



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