

Screening for eating disorders

The signs aren't always visible.

Know what questions to ask to save a life.

1. Do you feel like you sometimes lose or have lost control over how you eat?
2. Do you ever make yourself sick because you feel uncomfortably full?
3. Do you believe yourself to be fat, even when others say you are too thin?
4. Does food or thoughts about food dominate your life?
5. Do thoughts about changing your body or your weight dominate your life?
6. Have others become worried about your weight?

In this informal survey, 2 or more "yes" answers strongly indicate the presence of disordered eating. **The next step is getting a thorough assessment.**

Adapted from the Scoff Questionnaire by Morgan, Reid & Lacy-BMJ, 1999.



SCHEDULING AN ASSESSMENT IS EASY.

Make a referral or ask your patient to call 1-888-EMILY-77 or visit us online at emilyprogram.com.



The Emily Program

The eating disorder specialists

TYPES OF EATING DISORDERS

Anorexia Nervosa

Anorexia nervosa is an eating disorder characterized by abnormally low body weight caused by malnourishment. A person struggling with anorexia nervosa often has a distorted perception of their weight and an intense fear of gaining weight. Anorexia nervosa is among the most deadly of all mental illnesses.

Bulimia Nervosa

Bulimia nervosa repeats a frequent cycle that involves eating unusually large amounts of food, followed by purging (self-induced vomiting), fasting, laxative abuse, excessive exercise and/or compensatory behaviors. Over time, the physically damaging effects of bulimia mirror its intense emotional toll.

Binge Eating Disorder

People with binge eating disorder repeatedly and uncontrollably consume large amounts of food. Guilt, shame, and distress builds. Binge eating disorder can also result in excessive weight gain over time, adding to body dissatisfaction which can perpetuate a cycle of yo-yo dieting.

Compulsive Overeating

People with compulsive overeating typically eat excessive amounts of food—but not because they're hungry. Instead, they eat to feel better, to feel happy. The opposite happens. They feel a loss of control, as if they have no willpower. And the eating begins again.

OSFED (Other Specified Feeding or Eating Disorders)

Not everyone with an eating disorder fits neatly into one group. Sometimes it's a combination of disorders, symptoms present to a greater or lesser degree, or a completely unique struggle with feeding, food, exercising, or body image that impairs the health and well-being of an individual.

ARFID (Avoidant/Restrictive Food Intake Disorder)

ARFID is more than just picky eating. Avoidant/restrictive food intake disorder (ARFID), is a disturbance in feeding or eating that results in substantial weight loss (or, in children, a failure to put on weight), nutritional deficiency, dependence on tube feeding or oral nutritional supplements, or difficulty engaging in daily life.