

STATISTICS FROM EATING DISORDER CHARITY BEAT.

– www.beateatingdisorders.com

We estimate **1.25million** people in the UK have an eating disorder.

Many people with eating disorders **won't** be underweight at all.

Eating disorders are **serious, mental illnesses** which require prompt, appropriate treatment.

Around **25%** of those affected by an eating disorder are male.

Eating disorders develop **slowly** and recovery can equally take a long time.

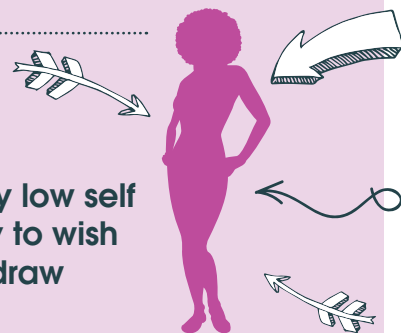
Girls and young women aged 12-20 are most at risk of eating disorders, although anyone at any age can be affected.

MYTH

People with eating disorders are just trying to look thin like their celebrity idols.

FACT

People with eating disorders typically have very low self esteem and feel worthless. They are more likely to wish to disappear and not be noticed than want to draw attention to themselves.



Competitiveness, perfectionism, control and low self esteem form some of the key personality traits that raise the risk for eating disorders. People with eating disorders judge themselves very harshly and are constantly comparing themselves negatively with others.



DAVE

"Eating disorders aren't really about eating at all."

"The key to recovery is, getting up every day and reminding yourself that your life is so much better when you're in recovery."

HOPE



NYOME



"People can recognise eating disorders in themselves by being mindful of how they feel around food or how they feel about themselves. It starts with how you feel within and how you see yourself. Trying to tap into why you're feeling like you're not worthy of eating or you feel like you're eating too much, try and dig deep."