EATING DISORDERS ON THE COLLEGE CAMPUS

Up to 0.4% of young women and up to 0.1% of young men have anorexia nervosa.

Up to 4.6% of females and up to 0.5% of males will develop bulimia.

Up to 3.5% of females and up to 2% of males will develop binge eating disorder.

Non-specific disordered eating behaviors such as binge eating, purging, laxative abuse, and fasting for weight loss are nearly as common among males as they are among females.

Studies show these percentages may increase every year.

Most commonly diagnosed eating disorders among college students:

1. ANOREXIA NERVOSA
2. BULIMIA
3. BINGE EATING DISORDER

Serious eating disorders tend to present themselves between 18-21 years of age, a range which makes up a large portion of the college-aged demographic.

Are you at an increased risk of developing an eating disorder?

Factors that may contribute to developing eating disorders:

- Academic stress
- New peers and social stressors
- Perfectionist tendencies
- Transition to independent decision-making
- New environment and food options

Common disordered eating behaviors that often go undetected:

- "Yo-Yo" or crash dieting
- Chronic weight changes
- Meal skipping
- Fixation with food or eating
- Excessive exercise
- Use of laxatives, enemas, or diuretics
- Cutting out food groups

An estimated 90-95% of college students diagnosed with an eating disorder also belong to a fitness facility. There is a suggested link between eating disorders and the tendency to over-exercise, especially in anorexia, which sees an over-exercise prevalence of up to 80%.

Don't delay asking for help:

Carruth Center Counseling and Psychological Services
(304) 293-4431

WVU Dining Nutrition Counseling with campus dietitian Sina King, MEd, MS, RDN, LD
(304) 293-3166

Collegiate Recovery Support for students recovering from eating disorders and addiction
(304) 293-2547

Student Health On-campus medical and health services
(304) 285-7200

WellWVU Health and wellness events, education and resources
(304) 293-5054

National Eating Disorder Assoc. Helpline
(800) 931-2237

National Suicide Prevention Lifeline
1-800-273-8255

Substance Abuse/Mental Health Services Admin.
1-800-662-4357

General Crisis Textline
Text HOME to 741741