

Eating Disorders

Eating disorders involve a disturbance of eating habits or weight-control behaviour which results in impairment to physical health or which affects the young persons' psychological and social functioning.

On the surface, eating disorders appear to be about food, but are really attempts to deal with emotional and stress related issues.

Anorexia Nervosa

Distorted body image, self-induced weight loss – food avoidance, appetite suppressants, vomiting, excessive exercise, loss of menstrual cycle. Anorexia has the highest mortality rate of any psychiatric disorder. Men are often misdiagnosed.

Bulimia Nervosa

Repeated episodes of uncontrolled overeating, followed by extreme weight control behaviour such as dieting, frequent vomiting, laxative use. May be underweight, overweight or a healthy weight. Most common in females.

Binge Eating Disorder

Repeated episodes of controlled overeating without the compensatory behaviour. Significant distress about overeating. It's associated with being overweight or obesity. More common than anorexia or bulimia.

Other Eating Disorders

OSFED – Other specified feeding and eating disorders. Similar to anorexia but with a regular menstrual cycle or current normal weight. Similar to bulimia but binges occur less frequently. Chewing food and spitting it out.

Symptoms of eating disorders may include weight loss, delayed growth in prepubescent children, changes in character, obsessive concern about body weight, shape, fear of eating, distress around meal times, preoccupation with food or excessive exercising.

If you are concerned about a cadet then you should follow the Safeguarding Referral Process and speak with the unit or force safeguarding lead.

For more information please contact the [National Safeguarding Manager](#) who is also a trainer in youth mental health first aid and will be able to provide more guidance and information.

Useful Resources

Anorexia and Bulimia Care:

Boy Anorexia:

Student Minds:

Men Get Eating Disorders Too:

Beat – beating eating disorders:

www.anorexiabulimiacare.org.uk

www.boyanorexia.com

www.studentminds.org.uk

www.mengetedstoo.co.uk

www.b-eat.co.uk

USEFUL APPS

Recovery Record Eating Disorder Management App:

Go to app for eating disorder recovery for all eating disorders. Includes meal logging, meal planning, coping skills, rewards' for recovery wins.

Rise up Recovery Warriors:

Eating disorder recovery tools including meal logging, behaviour tracking, emotions' and thought tracking. Also has information and activities around body image, mindfulness and relationships.