Eating disorders

A person with an eating disorder is obsessed with food and/or body weight.

Eating disorders are serious but treatable mental and physical illnesses that affect people of all ages, genders, body weights, and racial/ethnic backgrounds.

It is estimated that millions of Americans have struggled with an eating disorder at some point over their lifetime. Eating disorders are caused by a range of biological, psychological, and sociocultural factors.

You may not be able to tell someone has an eating disorder by how they look. A person with anorexia nervosa may be very underweight, but persons with bulimia nervosa and binge eating disorder can be underweight, normal weight, or overweight.

Find out about eating disorders from the National Eating Disorders Association at **nationaleatingdisorders.org**.