

BINGE EATING ARE YOU AT RISK?



Some of us binge on food at Thanksgiving and eat too much cake on our birthdays. But where does bingeing end and binge eating disorder (BED) begin? Here are 4 things you should know.

1

BED IS A BONAFIDE EATING DISORDER

YOU EAT TOO MUCH, TOO FAST, TOO OFTEN.

- You eat more food than normal over 30 minutes to 2 hours.
- You do so more than once a week (often several times).
- You eat when you're not hungry.
- You eat till you're uncomfortably full.

BED DISRUPTS YOUR LIFE.

- You feel like you're out of control.
- You feel guilty.
- You become a "secret eater" to hide your bingeing.
- You increase your risk of obesity and for diabetes, hypertension, cancer, depression and early death.

2

BED IS COMMON BUT WIDELY MISUNDERSTOOD

IT'S DIFFERENT FROM BULIMIA AND OBESITY.

- Bulimia is bingeing and purging. With BED, there is no vomiting or using laxatives after you eat.
- Obese people who exercise without bingeing or use of control don't have BED. And you don't have to obese to have BED.

IT'S NOT ABOUT WILLPOWER.

- Many people with BED think they simply have no willpower.
- They aren't aware that they have an eating disorder.

3

BED CAN DEVELOP AT DIFFERENT TIMES OF LIFE

IT CAN START WHEN YOU'RE YOUNG.

- You can start binge eating as a way to cope with depression.
- Depression and BED are closely linked.

IT CAN START WHEN YOU'RE OLDER.

- You may binge eat occasionally until a major stress hits your life. Then binge eating becomes a major coping strategy.
- You may binge eat more for others but respect yourself. Skipping meals or waiting until evening to eat will prove you for a binge episode.

TREATMENT BREAKS THE VICIOUS CYCLE



4

BED IS VERY TREATABLE

RECOGNIZE BED FOR WHAT IT IS, THEN GET HELP.

- There's no shame in having an eating disorder.
- Medical health experts on eating disorders can help you find relief.
- 4 to 12 cognitive behavioral therapy sessions provide relief for many.
- Group support can be helpful.

EASY TOOLS WILL HELP YOU GET HEALTHY.

- Keep a food diary.
- Plan and eat regular meals.
- Develop different ways to think about body image.
- Find different ways to think about and deal with bigger foods.
- Look for ways other than eating to manage stress.
- Learn to problem-solve better in relationships.

Source: www.clevelandclinic.org/health/eating-disorders
med.clevelandclinic.org/eating-disorders among adults binge eating disorder about

Learn more at clevelandclinic.org/HealthHub

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Childhood Obesity INFOGRAPHICS

OBESITY BY GENDER

The percentage of overweight children is increasing at an alarming rate.

22.7%
BOYS

17.4%
GIRLS

The current generation of children could potentially live shorter lives than their parents.



PHYSICAL ACTIVITY 2 out of 3

don't get any daily physical activity.



96% of elementary schools offer no physical education classes.

POOR EATING HABITS

Adolescents consume more calories from sugar-sweetened beverages and fruit juices. More than half of these beverages are consumed at home.



Snacks sizes have grown larger.

Time spent in front of a screen during adolescence is associated with increased obesity.



7 hours is the amount of time kids spend in front of TV or computer screens daily.