EATING DISORDERS

WHAT IS AN EATING DISORDER?
Characterized by persistent disordered eating that results in harm to one’s physical and/or mental health.

COMMON TYPES OF EATING DISORDERS:
- **Anorexia Nervosa**: Fear of gaining weight resulting in disordered eating and/or over exercising.
- **Bulimia Nervosa**: Recurring episodes of binge-eating followed by behaviours to rid the body of the food that was eaten.
- **Binge-eating**: Consuming large amounts of food in a short period of time.
- **Binge-Eating Disorder**: Recurring episodes of binge-eating but unlike bulimia nervosa is not followed by behaviours to rid the body of food that was eaten.

COMMON SIGNS AND SYMPTOMS:
- Excessive concern with body weight, shape and/or size.
- Feelings of sadness and/or irritability.
- Guilt/shame around eating.
- Feeling tired.
- Excessive exercising.
- Noticeable weight loss or changes.
- Numbness in hands and feet.
- Disordered Eating.

HOW SYMPTOMS AFFECT SOMEONE AT WORK:

**Physical**
- May weaken immune system increasing days off work.
- May weaken muscles, increasing risk of injuries at work.
- Feeling fatigued or having low activity tolerance.

**Cognitive**
- Difficulty making decisions.
- Difficulty with work tasks that include:
  - Memory
  - Attention
  - Concentration

**Emotional**
- Difficulty interacting with co-workers due to:
  - Changes in mood
  - Irritability

EATING DISORDERS MANAGEMENT:
- Contact your health care provider for assessment and management of your symptoms.
- If your symptoms are affecting you at work, please reach out to the Employee Well-being Consultant for your department for support.
- For more information please refer to:
  - CAMH – Eating Disorders
  - National Eating Disorders Association (NEDA)
  - National Eating Disorder Information Centre (NEDIC)