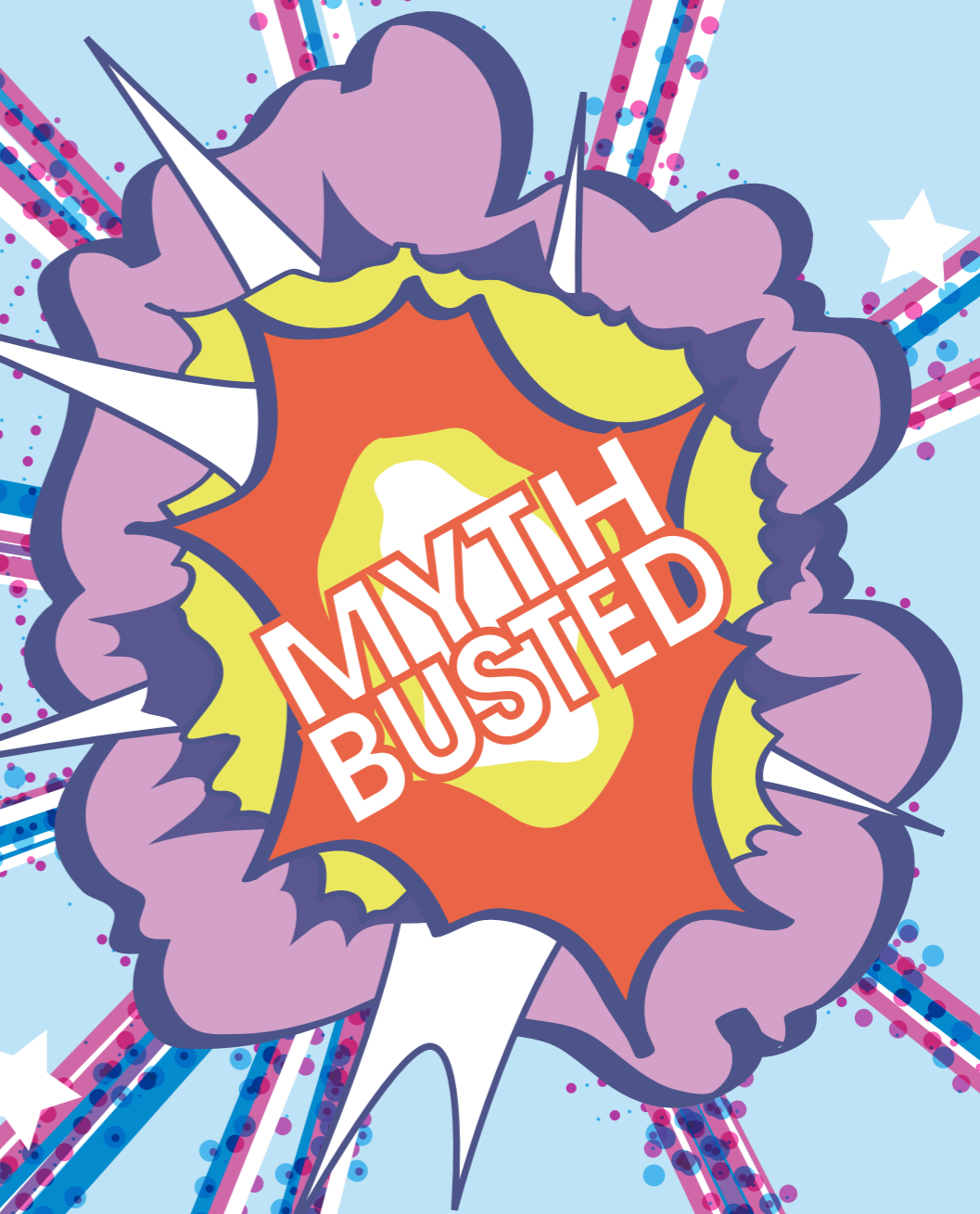


Eating disorders myths

Busted



Myth
Eating disorders are not serious; they are a lifestyle choice or about vanity.

Truth
Eating disorders are serious and potentially life threatening mental illnesses. A person with an eating disorder experiences severe disturbances in their behaviour around eating, exercising and related self harm because of distortions in their thoughts and emotions.

Myth
Families, particularly parents, are to blame for eating disorders

Truth
There is no evidence that a particular parenting style causes eating disorders. Although a person's genetics may predispose them to developing an eating disorder this is certainly not the fault of their family.

Truth
Due to the nature of an eating disorder a person may go to great lengths to hide behaviour, or may not recognise that there is anything wrong. Eating disorders are not a phase and will not be resolved without treatment and support.

Myth
Eating disorders are a cry for attention or a person 'going through a phase'

Truth
Eating disorders almost invariably occur in people who have engaged in dieting or disordered eating. Dieting is also associated with other health concerns including depression, anxiety, nutritional and metabolic problems, and, contrary to expectation, with an increase in weight.

Myth
Dieting is a normal part of life

Truth
Eating disorders can affect anyone. They occur across all cultural and socio-economic backgrounds, amongst people of all ages, from children to the elderly and in both men and women.

Myth
Eating disorders only affect white, middle class females, particularly adolescent girls

Snapshot



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