

Eating disorders affect the way people eat, altering things like how much or how little food they consume. These types of disorders are very dangerous as they can develop many different unhealthy habits such as an obsession for food or body weight or shape. This can lead to very serious health problems and can even potentially lead to death.

Causes of eating disorders:

- Poor psychological and emotional health (low self-esteem, impulsive behaviour, difficult relationships)
- Genetics

Some examples of eating disorders are:

- Anorexia nervosa
- Bulimia nervosa
- Binge eating disorder
- Pica

Some common symptoms include:

- Overeating or undereating
- Purging behaviours (forcing yourself to vomit or over-exercise in order to lose the weight that was gained)
- Eating things that are not normally meant to be eaten (like eating chalk or small pebbles, for example. This is a symptom of pica)

Consequences of eating disorders:

- Serious health problems
- Depression and anxiety
- Suicidal thoughts or behaviour
- Problems with growth and development
- Social and relationship problems
- Substance use disorders
- Work and school issues
- Death

