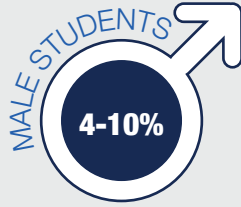


# EATING DISORDERS ON THE COLLEGE CAMPUS



## HAVE AN EATING DISORDER

Studies show these percentages may increase every year.



## MOST COMMONLY DIAGNOSED EATING DISORDERS AMONG COLLEGE STUDENTS



Up to **0.4%** of young women and up to **0.1%** of young men have anorexia nervosa.



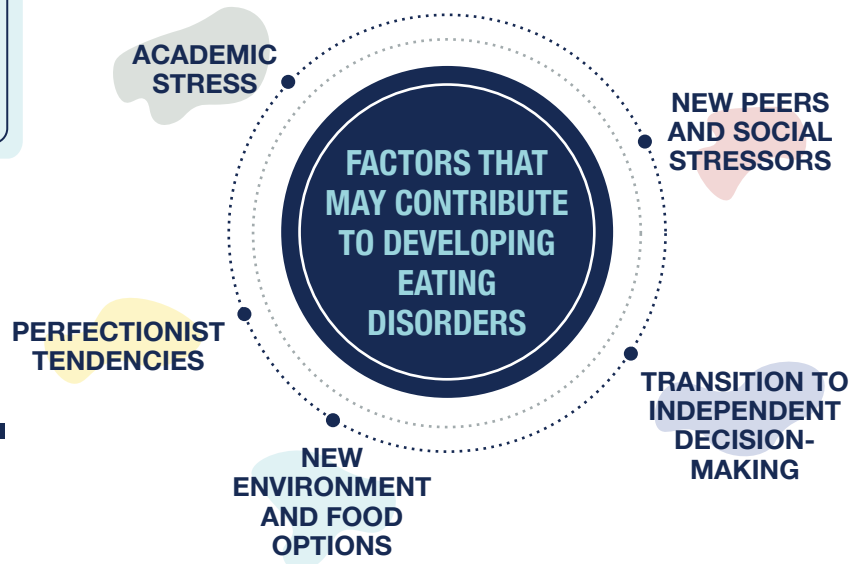
Up to **4.6%** of females and up to **0.5%** of males will develop bulimia.



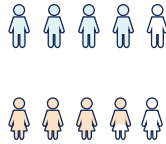
Up to **3.5%** of females and up to **2%** of males will develop binge eating disorder.

Serious eating disorders tend to present themselves between **18-21** years of age, a range which makes up a large portion of the college-aged demographic.

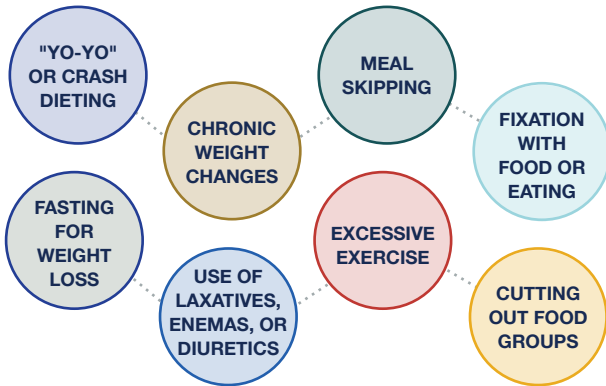
## ARE YOU AT AN INCREASED RISK OF DEVELOPING AN EATING DISORDER?



Non-specific disordered eating behaviors such as binge eating, purging, laxative abuse, and fasting for weight loss are **nearly as common** among males as they are among females.



## COMMON DISORDERED EATING BEHAVIORS THAT OFTEN GO UNDETECTED



An estimated **90-95%** of college students diagnosed with an eating disorder also belong to a fitness facility.

There is a suggested link between eating disorders and the tendency to over-exercise, especially in anorexia, which sees an over-exercise prevalence of up to **80%**.

Up to **94%** of individuals with an eating disorder experience a co-occurring mood, anxiety or personality disorder.

**DON'T DELAY ASKING FOR HELP**



**Carruth Center**  
Counseling and Psychological Services  
(304) 293-4431

**WVU Dining**  
Nutrition Counseling with campus dietician Sina King, MEd, MS, RDN, LD  
(304) 293-3166

**Collegiate Recovery**  
Support for students recovering from eating disorders and addiction  
(304) 293-2547

**Student Health**  
On-campus medical and health services  
(304) 285-7200

**WellWVU**  
Health and wellness events, education and resources  
(304) 293-5054

National Eating Disorder Assoc. Helpline  
(800) 931-2237  
National Suicide Prevention Lifeline  
1-800-273-8255  
Substance Abuse/Mental Health Services Admin.  
1-800-662-4357  
General Crisis Textline  
Text HOME to 741741