



Sock it to eating disorders

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MYTH

or

REALITY

A

Men don't get eating disorders.

B

People with eating disorders are below their healthy weight.

C

People with eating disorders don't eat.

D

Forcing a person with an eating disorder to eat will help them.

E

Eating disorders are caused by societal pressure and media images.

F

Eating disorders are life-long illnesses!

G

People with eating disorders feel alone and misunderstood.

Sock it to eating disorders

ANSWERS

A

Myth : Eating disorders are often associated with women but studies show 10% of those with eating disorders are men, so one man for every 9 women.

B

Myth : Not all people with eating disorders are underweight, unlike what you might think. A person might seem at first sight to be in perfect health but suffer from an eating disorder nonetheless.

C

Myth : It's true that anorexia is characterized by food deprivation. However, an eating disorder can involve other unhealthy behaviours, such as compulsive eating and use of compensatory measures (purging, laxatives, overexercising, etc.) to lose weight or excessive control of food intake.

D

Myth : Forcing someone with an eating disorder to eat may just increase their stress and induce them to develop other methods of control. Urging, forcing or offering them rewards to eat will not help.

E

Myth : Media images of women's and men's bodies as well as societal pressure to match an ideal of beauty are among the risk factors for developing an eating disorder but they are not the only ones. Eating disorders are multifactorial illnesses.

F

Myth : Many factors can affect recovery or chronicity in eating disorders. Duration and success of recovery varies from one person to the next.

G

Reality : People with eating disorders often feel alone and misunderstood by friends and family. Those close to people with eating disorders may also feel excluded from the life of the person who is ill and powerless to help them.