

**66% OF ADOLESCENTS** aged 12 to 17 are dissatisfied with their weight and want to be thinner.

**6% OF YOUNG PEOPLE** suffer from anorexia or bulimia, making disordered eating the 3<sup>rd</sup> most common chronic illness among adolescents.

In most young people with an eating disorder, the illness started after dieting.

Adolescents **NEED TO TALK** about their eating disorders, but they feel their friends and family are unable to understand or help them.

Anorexia starts around age 12 or 13. Bulimia generally begins around age 17 or 18.



# Eating disorders and young people

## EATING DISORDERS

### Anorexia

People with anorexia exhibit and adopt behavior characterized by an obsession with thinness, a low body weight and severe food restrictions that give them a feeling of control.

### Binge eating disorder

People with binge eating disorder experience recurrent uncontrollable episodes of eating large amounts of food.

### Bulimia

People with bulimia suffer from compulsive eating behaviour coupled with an obsession with thinness. Binges are compensated by self-provoked vomiting, use of laxatives, fasting or excessive exercise.

### Bigorexia

People with bigorexia feel their bodies are too small or not muscular enough. It's an eating disorder that in particular affects men and athletes, who may adopt very strict rules for eating, training (overexercise) and supplements. Those with bigorexia may feel ashamed and guilty when they miss a workout, and they sometimes spend all their free time exercising.

### Orthorexia

People with orthorexia are obsessed with proper or "healthful" eating. They put a great deal of energy into selecting and preparing what they eat. Their fixation on "righteous eating" can lead to social isolation.



Join the movement  
April 6, 2022!

**PARTICIPATE!**

[bit.ly/anebsockittoed-participate](https://bit.ly/anebsockittoed-participate)



For more information, contact  
[info@anebquebec.com](mailto:info@anebquebec.com)

**aneb35**  
ans  
Anorexie et boulimie Québec

#ANEBSockittoed @anebquebec