



This leaflet has been designed to give you a checklist facility and information that may help identify if a person has an eating disorder.

The 2 most common eating disorders are **Anorexia Nervosa** and **Bulimia Nervosa**.

Both conditions are mental health illnesses but with long term physical consequences.

Early intervention is vital and it is important that the Emotional needs are balanced with the Physical needs.

A BMI should not be a stand alone assessment of someone needing medical intervention.

The following link provides guidelines for medical risk in eating disorder patients. www.iop.kcl.ac.uk

In the case of children it may be more appropriate to refer to a child centile chart for a more accurate calculation of a persons ratio of weight to height



beat (beating eating disorders)

Youth line: 0845 634 7650

Help line: 0845 634 1414

Website: www.b-eat.co.uk

NHS Direct: 0845 46 47

Child Line 08703362955

(CAMHS) - 01482 642223
Child & Adolescent Mental Health Services

Hull Royal Infirmary 01482 328541

Samaritans 08457 909090

SEED EATING DISORDER SUPPORT SERVICES

c/o 207 Lambwath Road
Hull
HU8 0HS

Phone: 01482 718130
Fax: 01482 718130
E-mail: info@seedeatingdisorders.co.uk



SEED EATING DISORDER
SUPPORT SERVICES



Eating Disorder Identification Checklist



Eating Disorders Support Services

Charity No 1108405

An eating disorder has the highest mortality rate of any other mental health illness with a staggering 20% of people dying every year as a result of their illness or as a consequence of suicide!

Physical Signs to look for in Anorexia

- Noticeable Weight Loss
- Fatigue
- Constantly feeling cold
- Growth of fine body hair (lanugo)
- Poor hair condition
- Poor skin condition
- Unable to participate in physical activities
- Skipping meals
- Avoidance of eating with others
- Unwillingness to attend school
- Absence of periods

.....
Emotional signs to look for in Anorexia

- Change in Character
- Low Mood
- Low Self Esteem
- Overall Sadness
- Tearfulness
- Uncharacteristic outburst
- Inability to concentrate
- Isolation/Anti social
- Pre-occupation with food & food issues
- Anxiety around food

If 3 or more of these boxes have been ticked there may be cause for concern and it would be advisable to share your concerns with your GP. Alternatively call the help line for support on the



An Eating Disorder is about Feelings not about food!

The food is the symptom it is not the cause and very often those who suffer from an eating disorder will evaluate themselves through body weight and shape!

The under lying issues could be one of many i.e. bullying, bereavement, loss of a job, leaving home, difficulty with relationships, to name a few but basically anything that would lower a person's self esteem.

It may be much harder to identify bulimia nervosa, this is because a persons weight may be 'healthy'. It is also well documented that a person suffering from bulimia does not readily seek help.

In the case of both Anorexia and Bulimia or indeed Binge Eating Disorder there may be underlying issues that triggered the development of an eating disorder, and a person will use an eating disorder as a coping strategy. It then becomes their 'crutch' for 'survival' and a control that they may find very difficult to break free from.

Many have a false belief that by losing weight and changing their body shape this will make them a happier person!

In truth, if the illness is allowed to become entrenched and continues for a long period of time, the physical consequences will become the focus as a person becomes medically at risk.

By referring to these basic guidelines you may be able to identify what may be an eating disorder much easier, encourage the person to seek help quicker and by doing promote recovery.

Recovery is possible but it may take a long time 2—7 years is identified as being the time it takes for a person to move forward with their illness.



Physical Signs to look for in Bulimia

- Change in character
- May be low in weight but not always
- Poor hair condition
- Poor skin condition
- Eating large amounts of food
- Drinking large amounts of fluid with a meal
- Visiting the toilet straight after or during a meal
- Sores on knuckles
- Sore throat and mouth
- Arced front teeth (acid erosion)
- Swelling in cheeks (moon face)

.....
Emotional signs to look for in Bulimia

- Change in Character
- Low mood
- Low self esteem
- Tearful
- Mood swings
- Isolation from others
- Withdrawing socially
- Fatigue (perhaps due to poor sleep patterns)
- Lack of concentration

If 3 or more of these boxes have been ticked there may be cause for concern and it would be advisable to share your concerns with your GP. Alternatively call the help line for support on the