



Four common misconceptions about eating disorders:

1. Eating disorders are just a phase.

- False: *Eating disorders are not just a phase that comes and goes. Individuals with eating disorders do not just 'grow' out of them. Left unchecked, eating disorders can become chronic and very serious conditions.*

2. They are simply about losing weight.

- False: *Eating disorders are much more than just a way to lose weight. Eating disorders can have many functions in the lives of those experiencing them - they may start as a way to lose weight, but often times meet other needs, such as control, a way to cope, or validation.*

3. They are a choice.

- False: *Eating disorders are not a choice. Many complex factors contribute to the development and maintenance of eating disorders, including biological/genetic, psychological, and social factors.*

4. Eating disorders just affect young women.

- False: Eating disorders can affect anyone and do not discriminate between genders, ages, races, ethnicities, or sexual orientations. Eating disorders do tend to affect women more than men, however, a significant number of males will still experience eating disorders across their lifetime.

For additional 'truths' about eating disorders, please take a look at the link below:

[Nine Truths About Eating Disorders - Academy for Eating Disorders \(aedweb.org\)](http://aedweb.org)

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