

EATING DISORDERS

WHAT IS AN EATING DISORDER?

Characterized by persistent disordered eating that results in harm to one's physical and/or mental health



COMMON TYPES OF EATING DISORDERS:

- **Anorexia Nervosa:** Fear of gaining weight resulting in disordered eating and/or over exercising.
- **Bulimia Nervosa:** Recurring episodes of binge-eating followed by behaviours to rid the body of the food that was eaten.
- **Binge-eating:** consuming large amounts of food in a short period of time
- **Binge-Eating Disorder:** Recurring episodes of binge-eating but unlike bulimia nervosa is not followed by behaviours to rid the body of food that was eaten

COMMON SIGNS AND SYMPTOMS

- Excessive concern with body weight, shape and/or size
- Feelings of sadness and/or irritability
- Guilt/shame around eating
- Feeling tired
- Excessive exercising
- Noticeable weight loss or changes
- Numbness in hands and feet
- Disordered Eating

HOW SYMPTOMS AFFECT SOMEONE AT WORK

Physical

- May weaken immune system increasing days off work
- May weaken muscles, increasing risk of injuries at work
- Feeling fatigued or having low activity tolerance

Cognitive

- Difficulty making decisions
- Difficulty with work tasks that include:
 - Memory
 - Attention
 - Concentration

Emotional

- Difficulty interacting with co-workers due to:
 - Changes in mood
 - Irritability

EATING DISORDERS MANAGEMENT

- Contact your health care provider for assessment and management of your symptoms
- If your symptoms are affecting you at work, please reach out to the [Employee Well-being Consultant for your department](#) for support
- For more information please refer to:
 - [CAMH – Eating Disorders](#)
 - [National Eating Disorders Association \(NEDA\)](#)
 - [National Eating Disorder Information Centre \(NEDIC\)](#)