

\*\*If you are interested in joining Active Minds, a new organization devoted to raising Mental Health Awareness on campus, please contact [activeminds@duke.edu](mailto:activeminds@duke.edu)

## Did You Know?: Eating Disorders

Eating disorders involve serious disturbances in eating behavior, such as extreme and unhealthy reduction of food intake or severe overeating, as well as feelings of distress or extreme concern about body shape or weight

- The main types of eating disorders are anorexia nervosa, bulimia nervosa, and binge-eating disorder
- More than 7 million women and 1 million men experience an eating disorder in this country alone
- Eating disorders **frequently develop during adolescence or early adulthood**, and females are much more likely than males to develop them
- Researchers estimate that as many as **20- 30% of college- age women may display bulimic behaviors**
- An estimated 2-3% of young women develop bulimia, 1 in 250 are estimated to be suffering from anorexia nervosa, and 2% from binge eating disorder
- Eating disorders **frequently co- occur with other psychiatric disorders** such as depression, substance abuse, and anxiety disorders
- In addition, people who suffer from eating disorders can experience a wide range of physical health complications, including:
  - \* Serious heart conditions and kidney failure which may lead to death
  - \* Cessation of menstruation
  - \* Erosion of tooth enamel and increased cavities
  - \* Lightheadedness and dizziness or fainting
  - \* Sensitivity to cold
  - \* Dry skin and thinning scalp hair
  - \* Mortality rate is 5- 15% (lower with treatment)

**FREE, CONFIDENTIAL SERVICES ARE AVAILABLE TO STUDENTS AT  
DUKE UNIVERSITY**

Counseling and Psychological Services (CAPS)  
214 Page Building, Box 90955 Durham NC 27708-0955  
Phone: 919.660.1000 Fax: 919.660.1024  
<http://caps.studentaffairs.duke.edu/>

**ACTIVE MINDS AT DUKE WEBSITE:**  
[www.duke.edu/web/activeminds](http://www.duke.edu/web/activeminds)