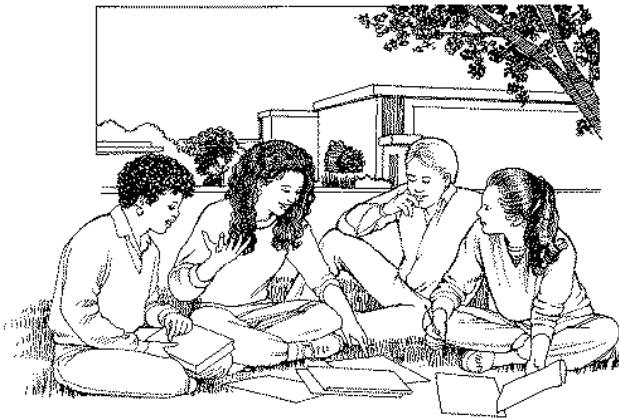


One out of two people with anorexia nervosa engage in binge eating and/or purging behaviours. Low body weight, namely 15% below standard weight, distinguishes these individuals from those only with bulimia nervosa. Individuals who suffer from bulimia nervosa experience wide fluctuations in their weight, but for the most part appear to be within an average weight range. These individuals may be better able to hide their disorder and deny that there is a problem. The behaviours they engage in such as yo-yo dieting, bingeing, and purging are dangerous to their health. Twenty percent of sufferers die from these two diseases.

A fairly high percentage of adolescents experience *some* features of an eating disorder (6-10 percent). These individuals may experience considerable emotional difficulties and expose themselves to significant physical risks even though they do not meet the formal criteria for an eating disorder.

Educators who are familiar with the warning signs of eating disorders can help direct these students to appropriate resources (See Introduction).

Not everyone who has an eating disorder acknowledges that they have a problem. Students may choose to review the following guide which outlines suggestions on what to do if someone they know has an eating disorder.

**ACTIVITY # 6**

?? What is...
Anorexia & Bulimia

ACTIVITY

7
✂ Where Do I Go
From Here

8
The Diet Book Report

9
✍ Public Service
Announcements

10
📄 EXTRA! EXTRA!

11
💡 To Teach Others

12
Weighing The Facts
On Dieting

