



CARES

Come sit with us!



Counseling Center
Bowling Green State University

BGSU Counseling Center

February 2017

National Eating Disorders Awareness Week is in February!

- ◆ Up to 30 million people of all ages and genders suffer from an eating disorder (anorexia, bulimia and binge eating disorder) in the U.S.
- ◆ Eating disorders have the highest mortality rate of any mental illness
- ◆ 91% of women surveyed on a college campus had attempted to control their weight through dieting; 22% dieted often or always
- ◆ 95% of those who have eating disorders are between the ages of 12 and 25
- ◆ 25% of college-aged women engage in bingeing and purging as a weight-management techniques
- ◆ An estimated 10-15% of people with anorexia or bulimia are male



**YOU DON'T NEED TO BE PERFECT.
YOU JUST NEED TO BE THERE.**

February 26-March 4, 2017

Upcoming Events:

[Feb. 15 GRIT event, BTSU mezzanine, 11:30 - 1:30](#)

[Feb. 22 Privilege Walk, 202B BTSU, 4:00 - 6:00pm](#)

Signs of eating disorders

- ◆ Inadequate food intake leading to a weight that is too low
- ◆ Intense fear of weight gain, obsession with weight, persistent behavior to prevent gain
- ◆ Self-esteem overly related to body image, obsesses about clothing size
- ◆ Episodes of consuming large amounts of food followed by behaviors to prevent weight gain, such as self-induced vomiting or laxatives
- ◆ Skipping meals, only taking small portions of food, refusing to eat in front of others, eating in ritualistic ways, making excuses for not eating
- ◆ Exercising excessively and compulsively
- ◆ Episodes of consuming large amounts of food while feeling out of control or shameful



NO BODY IS PERFECT

BGSU Counseling Center

- Individual, group and couples counseling
- Workshops and events on campus
- Crisis Intervention
- Start services by coming to our Walk-In Hours:
Mon - Fri: 1:30pm - 4:00pm

Where: 104 College Park
Phone: 419-372-2081
Hours: Mon - Fri 8:00 - 5:00

How can I talk to someone about their eating disorder?

- ◆ Focus on your feelings and the relationship, not on weight and food
- ◆ Talk openly and honestly about your concerns
- ◆ Do not comment on how they look or their weight
- ◆ Take time to listen, understand, be patient and express support
- ◆ Do not criticize their eating habits or demand they change
- ◆ Avoid placing shame, blame or guilt
- ◆ Encourage them to seek help, assist in finding resources if needed

