

This leaflet has been designed to give you a checklist facility and information that may help identify if a person has an eating disorder.



The 2 most common eating disorders are

**Anorexia Nervosa** and **Bulimia Nervosa**.

Both conditions are mental health illnesses but with long term physical consequences.

Early intervention is vital and it is important that the **emotional** needs are balanced with the **physical** needs.

A BMI should not be a stand alone assessment of someone needing medical intervention.

The following link provides guidelines for medical risk in eating disorder patients. [www.iop.kcl.ac.uk](http://www.iop.kcl.ac.uk)

In the case of children it may be more appropriate to refer to a child centile chart for a more accurate calculation of a persons ratio of weight to height



## Seed

Eating Disorders Support Services

[www.seedeatingdisorders.org.uk](http://www.seedeatingdisorders.org.uk)  
[admin@seedeatingdisorders.co.uk](mailto:admin@seedeatingdisorders.co.uk)  
[info@seedeatingdisorders.co.uk](mailto:info@seedeatingdisorders.co.uk)

## beat

(beating eating disorders)

Youth line: 0845 634 7650  
 Adult line: 0845 634 1414  
[www.b-eat.co.uk](http://www.b-eat.co.uk)

NHS Direct: 0845 46 47

Child Line 08703362955

(CAMHS) - 01482 642223  
 Child & Adolescent Mental Health Services

Hull Royal Infirmary 01482 328541

Samaritans 08457 90 90 90

### SEED EATING DISORDER SUPPORT SERVICES

**Ground Floor**  
 267 Beverley Road, Hull HU5 2ST

**Help Phone:** 01482 718130  
**Resource Room** 01482 344084  
**Fax:** 01482 718130  
**E-mail:** [hello@seedeatingdisorders.org.uk](mailto:hello@seedeatingdisorders.org.uk)  
**Website:** [www.seedeatingdisorders.org.uk](http://www.seedeatingdisorders.org.uk)



EATING DISORDER SUPPORT SERVICE

SUPPORT and

EMPATHY for people with

EATING

DISORDERS



# Eating Disorder Identification Checklist



Charity No 1108405

**An eating disorder has the highest mortality rate of any other mental health illness with a staggering 20% of people dying every year as a result of their illness or as a consequence of suicide!**

Physical Signs to look for in Anorexia

- Noticeable Weight Loss
- Fatigue
- Constantly feeling cold
- Growth of fine body hair (lanugo)
- Poor hair condition
- Poor skin condition
- Unable to participate in physical activities
- Skipping meals
- Avoidance of eating with others
- Unwillingness to attend school
- Absence of periods
- .....  
Emotional signs to look for in Anorexia
- Change in Character
- Low Mood
- Low Self Esteem
- Overall Sadness
- Tearfulness
- Uncharacteristic outburst
- Inability to concentrate
- Isolation/Anti social behaviour
- Pre-occupation with food & food issues
- Anxiety around food

If 3 or more of these boxes have been ticked there may be cause for concern and it would be advisable to share your concerns with your GP. Alternatively call the help line for support on the

An Eating Disorder is about Feelings not about food!



The food is the symptom it is not the cause and very often those who suffer from an eating disorder will evaluate themselves through body weight and shape!

The under lying issues could be one of many reasons i.e. bullying, bereavement, loss of a job, leaving home, difficulty with relationships, to name a few but basically anything that would lower a person's self esteem.

It may be much harder to identify bulimia nervosa, this is because a persons weight may be 'healthy'. It is also well documented that people suffering from bulimia do not seek help readily.

In the case of Anorexia and Bulimia and Binge Eating Disorder or Compulsive Eating there may be underlying issues that triggered the development of an eating disorder, and a person will use an eating disorder as a coping strategy. It then becomes their 'crutch' for 'survival' and a control that they may find very difficult to break free from.

Many have a false belief that by losing weight and changing their body shape this will make them a happier person!

In truth, if the illness is allowed to become entrenched and continues for a long period of time, the physical consequences may become the focus as a person suffering from Anorexia becomes lower in weight and medically at risk.

By referring to information within this document you may be able to identify what could be an eating disorder.

Encourage the person to seek help quickly early intervention is paramount will aid recovery.

Recovery is possible but 2—7 years is identified as being the time it takes for a person to move forward with their illness.

Take One Day At A Time!

Physical Signs to look for in Bulimia

- Change in character
- May be low in weight but not always
- Poor hair condition
- Poor skin condition
- Eating large amounts of food
- Drinking large amounts of fluid with a meal
- Visiting the toilet straight after or during a meal
- Sores on knuckles
- Sore throat and mouth
- Arched front teeth (acid erosion)
- Swelling in cheeks (moon face)
- .....  
Emotional signs to look for in Bulimia
- Change in Character
- Low mood
- Low self esteem
- Tearful
- Mood swings
- Isolation from others
- Withdrawing socially
- Fatigue (perhaps due to poor sleep patterns)
- Lack of concentration



If 3 or more of these boxes have been ticked there may be cause for concern and it would be advisable to share your concerns with your GP. Alternatively call the help line for support on the