

Binge eating disorder is a severe and life-threatening eating disorder, and the most common in the United States. The chance for recovery increases the earlier the binge eating disorder is detected. Therefore, it is important to be aware of some of the warning signs of an eating disorder. An individual with BED generally won't have all of these signs and symptoms at once so this isn't intended as a checklist. Rather, it is intended as a general overview of the types of behaviors that may indicate an eating disorder. If you have any concerns about yourself or a loved one, please seek additional medical help.



Symptoms

- Frequent episodes of consuming a very large amount of food (binge eating) in a short amount of time (within a two-hour period)
- Binge eating without using regular, unhealthy compensatory purging behaviors, such as self-induced vomiting.
- A feeling of being out of control of what or how much one is eating during the binge eating episodes.
- Feelings of disgust, depression, or guilt after overeating
- Fear of eating in public or with others
- Steals or hoards food in strange places
- Creates lifestyle schedules or rituals to make time for binge sessions
- Noticeable fluctuations in weight, both up and down
- Stomach cramps, other non-specific gastrointestinal complaints (constipation, acid reflux, etc.)
- Difficulties concentrating

Health Consequences

The health risks of binge eating disorder are most commonly those associated with clinical obesity. Some of the potential health consequences of binge eating disorder include:

- High blood pressure
- High cholesterol levels
- Heart disease
- Type II Diabetes
- Gallbladder disease
- Musculoskeletal problems
- Fatigue
- Joint pain
- Sleep apnea
- Depression
- Lower quality of life
- Anxiety

ADDITIONAL RESOURCES

Fact #1

Three out of ten individuals looking for weight loss treatments show signs of BED.

Fact #2

Approximately 60% of people struggling with binge eating disorder are female and approximately 40% are male.

Fact #3

BED often begins in the late teens or early 20s, although it has been reported in both young children and older adults.

Adapted from:
nationaleatingdisorders.org

For additional information and resources on binge eating disorder and other eating disorders please refer to WSR "Eating Disorder Resources" fact sheet.

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