

Eating Disorders

“I’m not going to sacrifice my mental health to have the perfect body.” — Demi Lovato
Do you know someone with an eating disorder? And how would you know?
With so much emphasis on diet and exercise, it can be challenging to recognize if you or someone you love has an unhealthy relationship with food or their body, or even an eating disorder — a serious but treatable mental and physical illness that anyone can have regardless of gender, age, race or body shape.
It’s a common myth that you can know just by looking at someone if the person has an eating disorder.

Read on for symptoms of the most common eating disorders.

Anorexia nervosa:

- Extreme thinness and restricted eating
- A relentless pursuit of thinness and an unwillingness to maintain a normal or healthy weight
- Intense fear of gaining weight
- Distorted body image, and self-esteem that is heavily influenced by perceptions of body weight and shape, or denial of the seriousness of low body weight

Bulimia nervosa:

- Recurrent and frequent episodes of eating unusually large amounts of food and feeling a lack of control over these episodes
- Binge-eating followed by behavior that compensates for the overeating, such as forced vomiting, excessive use of laxatives or diuretics, fasting, excessive exercise or a combination of these behaviors
- The person may be slightly underweight, normal weight or over overweight

Binge eating disorder (the most common type of eating disorder):

- Eating unusually large amounts of food in a specific amount of time, such as a two-hour period, which is not followed by purging, like with bulimia
- Eating when full or not hungry
- Eating until uncomfortably full
- Eating alone or in secret to avoid embarrassment

It’s important to remember that eating disorders are treatable. If you think you or a loved one need help, contact the [Johns Hopkins Employee Assistance Program \(JHEAP\)](#) or the [Johns Hopkins eating disorders program](#). Learning to pay attention to your food intake and exercise is important, and equally important is developing a positive relationship with your body. Know that balance is possible.

Ask the Expert, April 20 at noon

Join a 30-minute Ask the Expert session with Colleen Schreyer, assistant professor of psychiatry and behavioral sciences and director of clinical research for the Johns Hopkins eating disorders program, to learn how to overcome sweets and snack addiction. Join from the meeting link:
lcah.webex.com/lcah/j.php?MTID=mdb509290572ad98f23fed7922a51e3f3
Join by meeting number 2301 738 7874 Meeting password: kxGWR8u7CS4

Join by phone:
404-410-4502

Access code: 2301 738 7874

Employee Highlight

Monica Barraza, Epic Project Leader
The Johns Hopkins Health System Corporation

“Being able to balance work and personal interests is important. For me, having a well-established routine is helpful, yet I also know it’s important to be flexible, allowing myself to make time for my well-being while still managing the responsibilities of work. My family and friends are very supportive. I make time to have “friends nights” and other nights — “family nights.” And during the workday, I love the 15 minute meet-ups with Healthy at Hopkins!”

Share your story. [Click here](#) to submit.

Healthier Together

Invite a Healthy at Hopkins team member to your next staff meeting to lead a progressive muscle relaxation exercise or guided meditation. [Click here](#) to see offerings and to request an event.

Visit the Healthy at Hopkins portal (via my.jh.edu and select the Healthy at Hopkins logo).

Learn more! [Click here](#) for **more resources** from the Office of Well-being.

Scan the QR code to download the Healthy at Hopkins App!

