

What is Eating Disorders?

Eating disorders are serious conditions associated with unhealthy eating behaviors that negatively affect an individual's physical and mental health and their ability to live a normal life.

What Causes Eating Disorders?

01

Excessive anxiety about weight gain and perfectionism



02

Preoccupation and excessive focus on body image and maintaining weight, which may lead to dangerous eating behaviors



03

Exposure to bullying and domestic violence related to body shape and appearance



04

A family history of eating disorders

