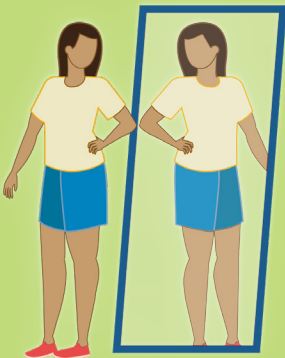


# UNDERSTANDING EATING DISORDERS



## **Eating disorders affect many Veterans.**

Experiences such as trauma, unpredictable eating schedules, or the pressure to “make weight” can increase your risk of an eating disorder.



## **Any body, no matter age, race, shape, size, or gender, can experience disordered eating – however, women are at higher risk.**

Eating disorders can look different for everyone and may include restricting, bingeing, exercising excessively, or misusing medications.



## **VA can help connect you to care.**

VA can connect you to dietitians, therapists, primary care providers, and outpatient or residential programs to help you identify unhealthy behaviors and receive treatment.



## **Eating disorders are treatable.**

If you're concerned about eating disorders, talk with your VA health care provider to connect to the care you need.