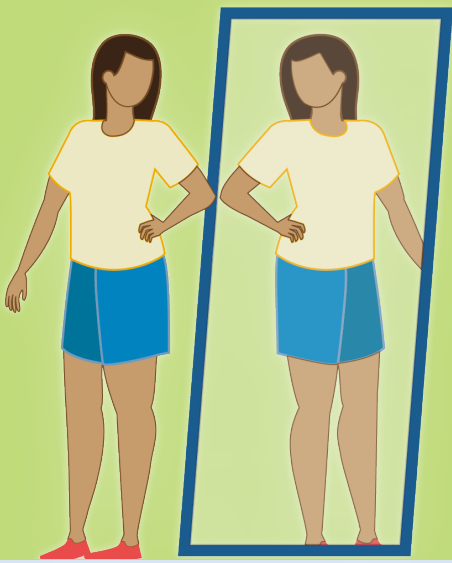


UNDERSTANDING EATING DISORDERS



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.