



Mental Health Awareness Newsletter

Eating Disorder Awareness Week this year is 28th February – 5th March 2024

Eating Disorders Awareness Week is an annual event dedicated to raising awareness about eating disorders, promoting understanding, and providing support to individuals affected by these conditions. The aim is to shed light on the complexities of eating disorders, including anorexia nervosa, bulimia nervosa, binge-eating disorder, and others.

HOW MANY PEOPLE HAVE AN EATING DISORDER IN THE UK?

We estimate that around **1.25 million people** in the UK have an eating disorder. While there have been some significant and well-designed studies conducted in the UK in recent years, and the data is as follows:

- 2.6% in 11 to 16 year olds
- 12.4% in 17 to 19 year olds
- 5.9% in 20 to 25 year olds

Approximately 1.25 Million people in the UK have an eating disorder

Around 25% of those are male

Binge eating disorder will affect 1 in 50 people in their lifetime.

Rates of eating disorders were higher in 17 to 19 year olds than in 11 to 16 year olds. In 11 to 16 year olds, the prevalence of any eating disorder in 2023 was 4 times higher in girls compared with boys (4.3% compared with 1.0%). For young people aged 17 to 19 years, rates of eating disorders were also 4 times higher in young women than in young men (20.8% compared with 5.1%).

Eating disorders. Know the first signs?



Lips
Are they obsessive about food?



Flips
Is their behaviour changing?



Hips
Do they have a distorted beliefs about their body size?



Kips
Are they often tired or struggling to concentrate?



Nips
Do they disappear to the toilet after meals?



Skips
Have they started exercising excessively?

Rates were similar for young women and young men aged 20 to 25 years.

#EDAW

Approximately **1.5 million** people in the UK have an eating disorder

≈ 1 in 45 people

Research has shown that OSFED* account for **47%** of eating disorder cases

*Other Specified Feeding or Eating Disorder - when a person's symptoms don't exactly fit the expected symptoms of the most common eating disorders

mind in Mid Herts

There has been a sevenfold increase in calls to BEAT Helplines for help with ARFID over the past five years. In 2018, their Helpline received 295 calls for support with ARFID, or 2% of total calls. By 2023, this figure had risen to 2054 calls, or 10% of its total calls for the year.



Beat Eating Disorders helpline:
Call hours: England: 0808 801 0677
3pm-8pm, Monday-Sunday
24/7 SMS: Text SHOUT to 85258

Eating disorders.
#WhyWait.

It is normal to feel scared about talking to someone about your eating disorder.

Visit beateatingdisorders.org.uk to find support today.

Beat
Eating disorders

Share me
Take a photo and tag
#WhyWait on social.

This is Joe's story:

"In a world bursting with flavours our plates are full of challenges, not choices.

There's so much we want to tell you about how ARFID affects and impacts our whole lives.

We're not fussy. We don't choose to avoid or restrict food. Some of us can't stomach tastes and textures. Some of us are afraid we might choke.

Other people seem to enjoy the build up to a meal. We can't think of anything worse.

Food is a battle that extends way past the dining table. It can follow us everywhere, from the supermarket to work or school.

Even after mealtimes, there isn't any respite because the fight for recognition and access to treatment is a long way from being won.

And then we're told that this could also seriously damage our health.

Avoiding the thing that's supposed to keep you alive isn't something people easily understand. So, we usually hide our struggles to avoid the judgement, stigma and the endless questions and suggestions.

For us, every bite can be a battle. "

#WeAreNotBeingFussy

ARFID Awareness:

Exciting news is that ARFID (Avoidant/Restrictive Food Intake Disorder) are launching a new awareness medical card this week in recognition of Eating Disorders Awareness Week 2024. The card is designed to inform others that the carrier may not be able to take medication orally, prompting alternative administration methods. To support this cause, ARFID Awareness are giving away 1000 cards for FREE. If you or someone you know would benefit from having this card please visit:

<https://www.arfidawarenessuk.org/product-page/awareness-card-for-hospitals> to place your order.



WHAT IS ARFID?
Avoidant Restrictive Food Intake Disorder

ARFID IS:

- HYPERSENSITIVITY TO TASTE, TEXTURE, SMELL, APPEARANCE
- LACK OF INTEREST IN FOOD
- REFUSAL OF AN ENTIRE FOOD GROUP
- FEAR OF EATING IN CASE OF CHOKING OR VOMITING

ARFID IS NOT:

- PICKY EATING
- DRIVEN BY BODY IMAGE OR A DESIRE TO LOSE WEIGHT

SOURCE: ARFID AWARENESS UK/BEAT

The infographic features a central illustration of a human silhouette with the digestive system highlighted in blue. The text is arranged around this central image, with 'WHAT IS ARFID?' and 'Avoidant Restrictive Food Intake Disorder' in a teal box at the top left. The 'ARFID IS:' and 'ARFID IS NOT:' sections are on either side of the silhouette, with bullet points. The source is noted at the bottom right.

Lets spread awareness and support those with ARFID

ARFID are also offering FREE information online events on Friday 1st March, where attendees will have the chance to put questions to an expert panel on questions relating to diagnosis and management of ARFID. This session is primarily designed with parents/carers in mind.

To book on please book via Eventbrite on the following link:

<https://www.eventbrite.com/e/live-arfid-qa-session-tickets-817301790657?aff=odtdcreator>