

# 9 Truths of Eating Disorders

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**Truth #1:** Many people with eating disorders look healthy, yet may be extremely ill.

**Truth #2:** Families are not to blame, and can be the patients' and providers' best allies in treatment.

**Truth #3:** An eating disorder diagnosis is a health crisis that disrupts personal and family functioning.

**Truth #4:** Eating disorders are not choices, but serious biologically influenced illnesses. (50 to 80% genetic)

**Truth #5:** Eating disorders affect people of all genders, ages, races, ethnicities, body shapes and weights, sexual orientations, and socioeconomic statuses. (weight loss in a larger body can lead to malnourishment)

**Truth #6:** Eating disorders carry an increased risk for both suicide and medical complications. (highest mortality rate of all psychiatric disorders)

**Truth #7:** Genes and environment play important roles in the development of eating disorders.

**Truth #8:** Genes alone do not predict who will develop eating disorders.

**Truth #9:** Full recovery from an eating disorder is possible. Early detection and intervention are important.

*Developed by Cynthia Bulik, PhD, FAED, and the Academy for Eating Disorders.*

*Along with other major ED organizations.*