

## **Nine Truths about Eating Disorders**

1. Many people with eating disorders look healthy, yet may be extremely ill.
2. Families are not to blame and can be the patient's and the provider's best allies in treatment.
3. An eating disorder diagnosis is a health crisis that disrupts personal and family functioning.
4. Eating disorders are not choices. They are serious, biologically-influenced illnesses.
5. Eating disorders affect people of all genders, ages, races, ethnicities, body shapes, body weights, sexual orientations, and socioeconomic statuses.
6. Eating disorders carry an increased risk for both suicide and mental complications.
7. Genes and environment play important roles in the development of eating disorders.
8. Genes alone do not predict who will develop eating disorders.
9. Full recovery from an eating disorder is possible. Early detection and intervention are important.