



# Eating Disorder Stats

**50%  
increase**

Rates of eating disorders have skyrocketed during the COVID-19 pandemic, with hospital admissions up roughly 50 percent

Eating disorders are the second deadliest mental illness, following opioid addiction, with a 4-5% mortality rate

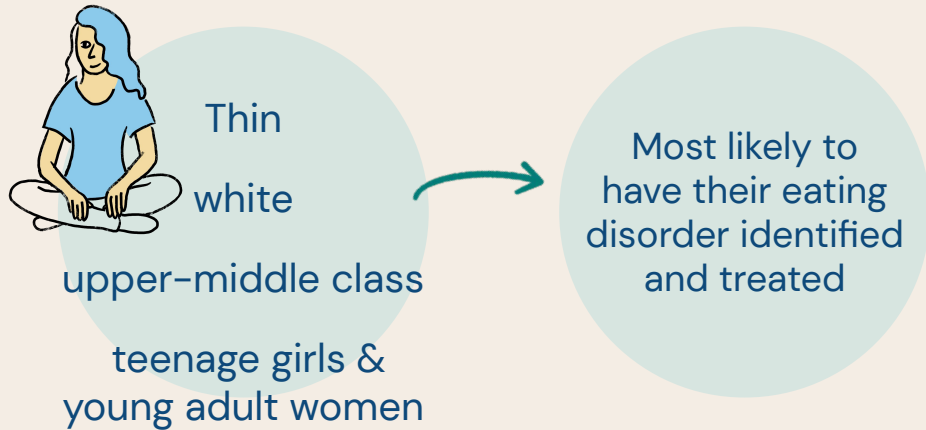
**4-5%  
mortality**

**5  
million**

About 5 million Americans will develop an eating disorder every year

# Who develops eating disorders?

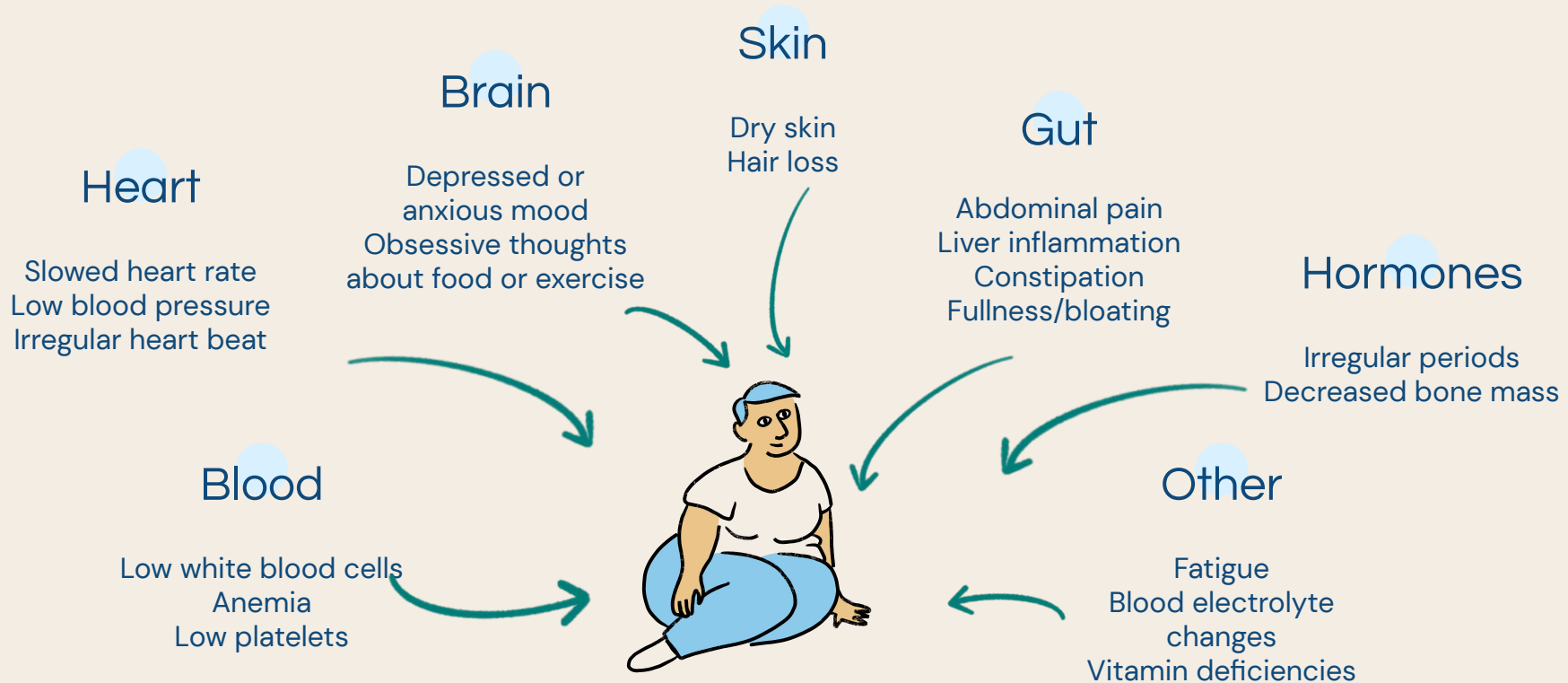
Stereotypes affect who receives treatment and support



Eating disorders affect patients of ALL:

- Ages
- Genders
- Ethnicities
- Socioeconomic statuses
- BMIs & body sizes

# Eating disorders can affect every organ in the body



# The truth about eating disorders

Eating disorders  
are not a choice  
or a phase

Eating disorders  
are not  
anyone's fault

You can't tell if  
somebody has  
an eating disorder  
just by looking  
at them

Full recovery  
is possible

Eating disorders are  
brain disorders, impacted  
by many factors, including  
genetics, environmental  
influences, and biological  
triggers like restrictive eating  
due to illness or dieting





# What to look for

Warning signs for eating disorders occur in several areas, and some initially appear innocuous or are societally-normed



Food & Eating



Activity & Exercise



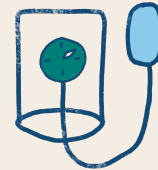
Mood



Social



Thinking



Medical



# Types of eating disorders

While most folks are familiar with anorexia and bulimia, there are many eating disorder diagnoses including:

**Anorexia  
Nervosa**

**Bulimia  
Nervosa**

**Binge  
Eating  
Disorder**

**ARFID**

**OSFED**

**Eating disorders rarely occur in isolation—most individuals will struggle with co-occurring conditions such as anxiety, depression, OCD substance use, PTSD, among others**

# Anorexia Nervosa

- Eating disorder characterized by weight loss, difficulties maintaining an appropriate body weight for height, age, and stature, and distorted body image
  - Anorexia Nervosa restricting type (AN-R)
  - Anorexia Nervosa binge eating/purging type (AN-B/P)
- Individuals often have intense fear of gaining weight or becoming fat, even though underweight
- You cannot tell if a person is struggling with anorexia by looking at them

## Signs & symptoms of AN

- Preoccupation with weight, food, calories
- Distorted body image
- Fear of gaining weight
- Weight loss
- Denial of hunger

# Bulimia Nervosa

- Recurrent episodes of binge eating with recurrent inappropriate compensatory behavior in order to prevent weight gain
  - E.g. self-induced vomiting, misuse of laxatives, diuretics, or other medications, fasting, or excessive exercise
- Self-evaluation is unduly influenced by body shape and weight
- Self-injury, substance abuse, and impulsivity are common co-occurring conditions

## Signs & symptoms of BN

- Bingeing & purging
- Secretive eating
- Weight fluctuation
- Abuse of diet pills, laxatives, diuretics
- Sense of lack of control around eating

# Binge Eating Disorder

- The most common eating disorder in the U.S.
- Characterized by recurrent episodes of eating large quantities of food; a feeling of a loss of control during the binge; experiencing shame, distress or guilt afterwards; and not regularly using unhealthy compensatory measures
- Episodes of overeating that happen in a rapid manner and short timeframe

## Signs & symptoms of BED

- Evidence of binge eating
- Eating until painfully full
- Secretive eating
- Hoarding food
- Restriction
- Weight fluctuation
- Sense of lack of control around eating

# Avoidant Restrictive Food Intake Disorder

- An eating or feeding disturbance manifested by persistent failure to meet appropriate nutritional and/or energy needs
- Characterized by apparent lack of interest in eating or food; avoidance based on the sensory characteristics of food; concern about aversive consequences of eating
- Does not typically involve any distress about body shape or size

## Signs & symptoms of ARFID

- Failure to gain weight
- Weight loss
- Extremely limited in types of food eaten
- Lack of interest in food
- Will only eat certain textures
- Fears of choking or vomiting
- Reports of vague GI issues

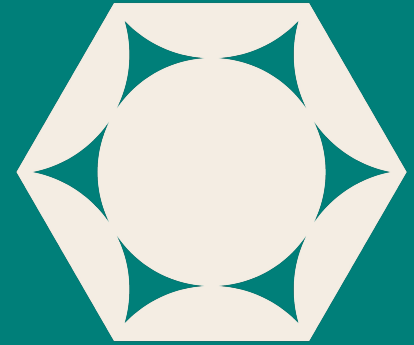
# Other Specified Feeding or Eating Disorders

- In the DSM-5, a person must present with feeding or eating behaviors that cause clinically significant distress and impairment, but do not meet the full criteria for any of the other disorders
- Research shows that OSFED is just as severe as other eating disorders

## Examples of OSFED

- Atypical Anorexia Nervosa
- BED of low frequency and/or limited duration
- BN of low frequency and/or limited duration
- Orthorexia
- Purging Disorder
- Night Eating Syndrome

# Equip Treatment

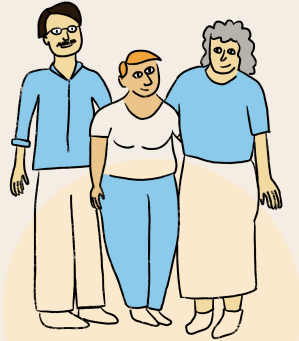


# Equip delivers Family-Based Treatment (FBT)—the gold standard eating disorder care for children and adolescents





# Treatment that feels good vs treatment that works



Many families understandably assume that individual therapy is helpful for adolescents with eating disorders

When the brain is malnourished, individual therapy is not effective, even though it may “feels good”.



The goal of Family-Based Treatment (FBT) is to empower families to be at the heart of their loved one's treatment, and feed their children at home to renourish their brain & body.

FBT allows teens to continue to live at home, go to school, remain social with friends, and stay in their activities if medically cleared.



# About Equip

We provide patients with a dedicated, virtual, five-person care team



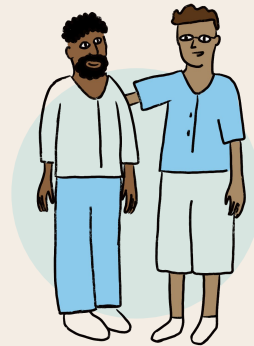
Physician



Dietitian



Therapist



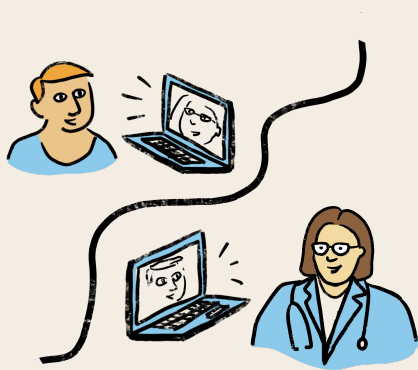
Peer  
Mentor



Family  
Mentor



# We adapted treatment to be fully virtual



## Increased accessibility

Families can help loved ones navigate personalized care from the comfort of home



## Tailored for each family

Patients can pursue everyday activities and be invested in life – building a life worth living

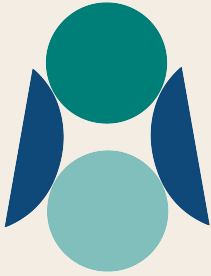


## Bring your village

Families are able to bring their support system with them



# Treatment that works for lasting recovery



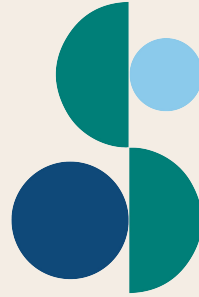
**97%**

of parents report  
feeling more confident  
in caring for their child



**74%**

of patients report  
a reduction in eating  
disorder symptoms



**2/3**

report  
improvements  
in mood



# Free Consultation

[www.equip.health](http://www.equip.health)

855-387-4378

[join@equip.health](mailto:join@equip.health)