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EAP service bulletin

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Eating disorders can affect people of either sex and at any age. Historically eating disorders have been somewhat associated with adolescents girls, ballerinas and even some high-profile celebrities, but more recently well known male celebrities have been open about their own battles with eating disorders. It is estimated that around 1 in 250 women and 1 in 2,000 men will experience anorexia nervosa during their lifetime, and that bulimia is around 5 times more common than anorexia. 90% of those with bulimia are female. Binge eating tends to affect men and women equally and usually appears later in life, between the ages of 30 and 40. Eating disorders can have a devastating effect on the health and emotional wellbeing of those suffering from the illness, and it can be extremely painful for their loved ones to witness. Although eating disorders appear to be physical in nature and have

the potential to cause physiological harm and threaten life, they are better understood as a mental health problem.

With sufficient support, motivation and understanding it is possible to recover fully from an eating disorder and enjoy a balanced, meaningful life again.

For some it is a lengthy battle whilst others can stop of their own accord. There are help-sheets on the EAP website that describe the different types of eating disorders, explores the possible causes and offers some guidance on treatment and recovery. If you would like to discuss anything in more detail please contact the EAP for advice and guidance.

Your **Employee Assistance Programme** from **Life & Progress** is here to help, available to you no matter when or where, anytime, any day, support is just a telephone call away.

Life & Progress

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EAP Support Online: www.lap-assist.co.uk