



Warning Signs of Possible Disordered Eating or Eating Disorders:

- Extreme preoccupation with food and calories.
- Strict or restricted eating patterns.
- Skipping meals, following fad diets, a need to carefully control eating.
- Persistent dieting, continuing for lengthy periods of time or after target weight is achieved.
- Dissatisfaction with appearance, placing excessive emphasis on body size for self-acceptance.
- An obsession with clothing size, scales, and mirrors.
- Wearing bulky clothing to hide weight loss.
- Binge eating (eating excessively in a short period of time) appears beyond the person's control.
- Secrecy, such as leaving the table immediately after eating to go behind closed doors.
- Obsessive exercise: lengthy, daily, compulsive, and often done even when other activities could or should be done.
- Visible excessive weight loss -- sufficient to be noticeable to the casual observer --especially if achieved rapidly.
- Significant weight fluctuations (due to severe dieting or unexplained).
- Mood strongly influenced by perception of body size/eating habits.
- Social withdrawal/depressed mood.
- Avoidance of meals or events at which food is present.
- *Purging, self-induced vomiting, excessive use of laxatives/diuretics/pills.*

**Indicates urgent medical care needed.*

Adapted from NAANAD, NEDA and St. Louis Behavioral Medicine Institute brochures on Eating Disorders



Students with disordered eating or related concerns may make an appointment with any of the WU Student Health Services listed below.

Nutrition Services

Call 314-935-6666 to schedule your hour-long initial appointment. Mention "concerns about eating" and/or any specific concerns to discuss with the dietitian. Call 935-4439 with questions.

Medical Services

Call 314-935-6666 to make your hour-long initial appointment. Mention "concerns about eating" and/or any specific concerns to discuss with the doctor.

Mental Health Services

*The first step is a brief phone conversation, the purpose of which is to assess your specific needs and set your initial appointment. Schedule this conversation through the SHS portal: Visit studenthealth.wustl.edu for a direct link, or see "make an appointment" at shs.wustl.edu. Note your concerns about eating to allow for adequate time in your first appointment and to ensure a match with a mental health provider on the **Eating Disorders Treatment Team**.*