

BINGE EATING DISORDER (BED)

Overeating

- Eating more than your body needs
- Occasionally occurs because the food is available and appetizing
- No psychological distress about this eating behaviour

vs

Binge Eating Disorder

- Eating more rapidly than normal
- Eating until uncomfortably full
- Eating unusually large amounts in a short time period
- Eating alone due to embarrassment
- Feeling disgusted with oneself, depressed, or guilty after eating
- Psychological distress about this eating behaviour



We're here to help. Contact BANA if you have further questions about BED and how we may assist you.

1.855.969.5530

WWW.BANA.CA

BINGE EATING DISORDER (BED)

Lifetime prevalence of BED found to be **3.5%** in women and **2.0%** in men

NEDIC (2014). Clinical definitions. Retrieved from <http://nedic.ca/node/806>.

Binge eating disorder affects about **2.0%** of all Canadians (CMHA, 2014)

People who diet may have a higher risk of developing an eating disorder. Rates of binge eating disorder may also be higher in people who have lost a lot of weight by dieting.

CMHA (2014). Eating disorders. Retrieved from <https://www.cmha.bc.ca/get-informed/mental-health-information/eating-disorders>.

LOCAL NUMBER. LOCAL SERVICES.

No referral required. Programs provided free of charge.
Call us toll free. This is not a crisis number.

1.855.969.5530