

ABOUT BINGE EATING DISORDER (B.E.D.) IN ADULTS



BINGEING is a term you may have heard before.



You may have seen it on the news.



People “binge watch” TV series.



People may even say they “binge on food.”



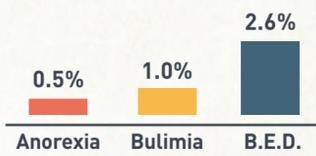
WHAT IS B.E.D.?

Binge Eating Disorder, also known as **B.E.D.**, is more than just overeating. It is a distinct medical condition that affects an estimated 2.8 million US adults, according to a national survey.*

*Based on 12-month prevalence estimates applied to the full US population ≥18 years.



B.E.D. is the most common eating disorder in US adults, more common than anorexia and bulimia combined.**

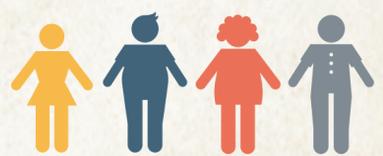


**Data from a sample of 2,980 adults aged ≥18 years who were assessed for an eating disorder in a national survey.

It occurs in both men and women.



Adults with B.E.D. may be of a normal weight, overweight, or obese.



So, have you heard of it?



Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5®)

Recently, the American Psychiatric Association recognized **B.E.D.** as a distinct disorder.

Because **B.E.D.** is a **recently recognized disorder**, some adults may not realize that their symptoms may be related to a real **medical condition**.

B.E.D. SYMPTOMS

In order for a health care provider to diagnose an adult with B.E.D., all of the following have to occur:



1. Regularly eating far more food than most people would eat in a similar time period under similar circumstances



2. Feeling that eating is out of control during a binge



3. Being very upset by binge eating



And three or more of these:

Eating extremely fast



Eating beyond feeling full



Eating large amounts of food when not hungry



Eating alone to hide how much you're eating

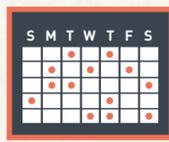
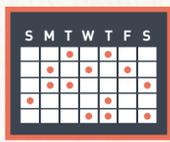
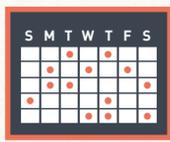


Feeling bad about yourself after a binge



Unlike other eating disorders, adults with B.E.D. don't routinely try to “undo” their excessive eating with extreme actions, like purging or over-exercising.

If these symptoms are present and binge eating takes place at least **once a week for three months**, it may be Binge Eating Disorder.



Overeating is a challenge for many Americans. However, **B.E.D.** is more than just overeating and is a serious

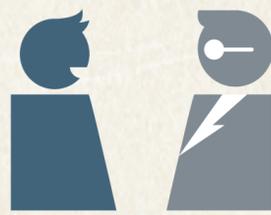
MEDICAL CONDITION.

It is important to understand that having **B.E.D.** is not your choice.

While the exact cause is unknown, chemicals in the brain, family history and certain life experiences may play a role.



If you think you may be experiencing the symptoms of **B.E.D.**, a health care provider may be able to help.



If you think you might have B.E.D., you are not alone.

Talk to a health care provider and visit www.BingeEatingDisorder.com to learn more.

