

Name \_\_\_\_\_

## Understanding Eating Disorders: A Closer Look at This Health Challenge

### Open-Ended Response Answer Key

1. Eating disorders can affect anyone because they are primarily driven by psychological factors such as body image dissatisfaction and fear of weight gain. For example, a young athlete may develop anorexia nervosa due to the pressure to maintain a specific body shape for their sport.
2. Strategies to promote a healthy body image and prevent eating disorders include emphasizing self-acceptance, focusing on overall health rather than appearance, and encouraging open communication about body image concerns with friends and family.
3. Untreated eating disorders can lead to severe physical health problems such as organ damage, heart issues, and bone loss. On the mental health side, they can result in depression, anxiety, and social isolation.
4. If a friend shows signs of binge-eating disorder, I would approach them with empathy and concern. I would listen to their feelings and experiences without judgment, encourage them to seek professional help, and offer to accompany them to appointments if they're comfortable with it.

