

Name \_\_\_\_\_

## Eating Disorders in Young People: Unmasking the Numbers

### Short Answer Key

1. (Answers may include: anorexia nervosa, bulimia nervosa, binge-eating disorder)
2. Societal factors that can contribute to the development of eating disorders in young people include media portrayals of unrealistic beauty standards and peer pressure to conform to these ideals.
3. Early intervention is crucial because the longer eating disorders go untreated, the more challenging they can be to overcome, and the greater the risk of physical and emotional consequences.
4. Friends and family members can support young people by offering understanding, empathy, and encouragement to seek professional help. They can also avoid making negative comments about body image and weight.
5. EDNOS stands for "Eating Disorders Not Otherwise Specified," and it is significant because it includes various eating disorders that do not fit the criteria for anorexia, bulimia, or binge-eating disorder.

