BRADFORD ACADEMY TRUST

Personal Development

Guide

Anorexia

Facts

Anorexia nervosa (anorexia) is a serious eating disorder and mental health condition.
People with anorexia try to keep their weight very low. They may eat too little, exercise too much, take laxatives, or make themselves sick, which can lead to serious illness because their body begins to starve.

They often see their body differently from how it really is, believing they are overweight even when they are underweight. Anyone can develop anorexia, but it is most common in young women and usually begins in the mid-teen years.

Signs and symptoms of anorexia can include:

- Being underweight for your age (children and teens) or having a very low BMI (adults)
- Skipping meals or eating very little
- Thinking about food a lot and being strict about what you eat, often avoiding foods you see as “fattening”
- Believing you’re overweight even when you’re a healthy weight or underweight
- Periods stopping or not starting (in women and girls)
- Physical symptoms, such as dizziness, feeling faint, hair loss, or dry skin

For more information and advice, visit - https://www.nhs.uk/mental-health/conditions/anorexia/overview/

Support Available

Local GP
NHS 111
YoungMinds - https://www.youngminds.org.uk/anorexia/information
Beat Eating Disorders - 0808 801 0677
Samaritans - 116 123