

Eating Disorder Assessment Service

What is an Eating Disorder?



Eating disorders involve serious disturbances in eating behavior, such as extreme and unhealthy reduction of food intake or severe overeating, as well as feelings of distress or extreme concern about body shape or weight. Eating disorders are not due to a failure of will or behavior; rather, they are real, treatable medical illnesses in which certain maladaptive patterns of eating take on a life of their own.

Eating Disorder Statistics

- 15% of young women have substantially disorder eating attitudes and behaviors. (National Eating Disorder Screening Program)
- 10%-25% of all those battling anorexia will die as a direct result of the eating disorder. (ANAD)
- Up to 19% of college aged women in America are bulimic. (Rader Programs)
- A study conducted by Cornell University found that 40% of male football players surveyed engaged in some sort of disordered eating behavior. (Newsweek, 1994)
- The mortality rate for anorexia is higher than for any other psychological disorder. Five to ten percent of anorexics die within ten years of onset, 18-20% die within twenty years of onset, and only 50 percent ever report being cured. (ANAD)

Early diagnosis and intervention may enhance recovery. If treated within the first 5 years, the recovery rate is 80%. If left untreated until after 15 years of symptoms, the recovery rate falls to 20%.

Risks and Consequences of Eating Disorders

Irreversible risks of eating disorder are growth retardation, puberty delay or arrest, increased risk of osteoporosis and impairment of peak bone mass. Some physical consequences of eating disorders include malnutrition, cardiovascular compromise, gastric irritation and bleeds, enamel erosion, muscle weakness, hypometabolism and electrolyte imbalance. (National Eating Disorder Association)

Treating Eating Disorders



The most important first step is to have a complete assessment. This medical evaluation is necessary rule out any other physical cause for the symptom and the impact the illness has had to date, and to determine whether immediate intervention is needed. Equally important is a health assessment, preferable by an eating disorder expert to provide a complete picture. Many people with an

eating disorder have other problems as well including depression, trauma, obsessive-compulsive disorder, anxiety or a chemical addiction. This assessment will determine what level of care is needed (inpatient, partial hospital, residential, outpatient) and what professionals should be involved.

How CONCERN's Eating Disorder Assessment Service Can Help

Patients will be assessed by a clinical team including a licensed independent social worker, psychologist and a psychiatrist. The evaluation consists of a clinical interview, psychological testing, a report containing recommendations, collaboration with the referring physician and assistance with negotiating with insurance provider.

What Does the Assessment Cost?

There is no cost for assessment of employees/family members of companies who contract for EAP services. For others, there is a fee of \$300.00.

To schedule a confidential eating disorder assessment for yourself or someone you love, please call CONCERN (513) 891-1627 or (800) 642-9794 outside the Cincinnati area.