

# BINGE EATING DISORDER (BED)

## Overeating

- Eating more than your body needs
- Occasionally occurs because the food is available and appetizing
- No psychological distress about this eating behaviour

vs

## Binge Eating Disorder

- Eating more rapidly than normal
- Eating until uncomfortably full
- Eating unusually large amounts in a short time period
- Eating alone due to embarrassment
- Feeling disgusted with oneself, depressed, or guilty after eating
- Psychological distress about this eating behaviour



We're here to help. Contact BANA if you have further questions about BED and how we may assist you.

**1.855.969.5530**

Lifetime prevalence of BED found to be **3.5%** in women and **2.0%** in men

NEDIC (2014). Clinical definitions. Retrieved from <http://nedic.ca/node/806>.

Binge eating disorder affects about **2.0%** of all Canadians (CMHA, 2014)

People who diet may have a higher risk of developing an eating disorder. Rates of binge eating disorder may also be higher in people who have lost a lot of weight by dieting.

CMHA (2014). Eating disorders. Retrieved from <https://www.cmha.bc.ca/get-informed/mental-health-information/eating-disorders>.

**LOCAL NUMBER. LOCAL SERVICES.**

No referral required. Programs provided free of charge.  
Call us toll free. This is not a crisis number.

**WWW.BANA.CA**