



# Understanding Eating Disorders: 184 (Issues)

*Lisa Firth*

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It is common for young people to worry about their weight, size and shape, and in some people this may develop into an eating disorder such as anorexia or bulimia. Although these disorders are most common in young women, men are increasingly affected, as are older people. An NHS survey in 2007 found that an alarming 6.4% of adults over 16 had a problem with food. This book examines types of eating disorder, what causes them and how they can best be tackled. The information comes from a wide range of sources and includes government reports and statistics, newspaper reports, features, magazine articles and surveys, literature from lobby groups and charitable organisations.

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