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**Quiz Eating Disorders**

|  | **Questions** | **True** | **False** | **Comments/Questions** |
| --- | --- | --- | --- | --- |
| 1 | BMI is a truly accurate method of measuring weight? |  |  |  |
| 2 | You have to be thin to be diagnosed with an eating disorder? |  |  |  |
| 3 | Weight loss affect people's ability to think rationally? |  |  |  |
| 4 | Eating disorders only affect young girls and women? |  |  |  |
| 5 | People with eating disorders don’t like eating? |  |  |  |
| 6 | People with bulimia can be a healthy weight? |  |  |  |
| 7 | Eating disorders are found around the world, in different countries and cultures |  |  |  |

**Quiz Eating Disorders-Answers**

|  | **Questions** | **True** | **False** | **Comments/Questions** |
| --- | --- | --- | --- | --- |
| 1 | BMI is a truly accurate method of measuring weight? |  | X | <https://youtu.be/akoXXuyXA2g>  BMI is based on the height and weight of a person,i**t** is an inaccurate measure of body fat content and does not take into account muscle mass, bone density, overall body composition, and racial and sex differences. It is a crude but useful tool. |
| 2 | You have to be thin to be diagnosed with an eating disorder? |  | X | There are a range of eating disorders where the individual is of ‘normal’ weight and are then often missed until the person becomes very unwell. Bulimia nervosa and binge eating disorder are examples of this. |
| 3 | Weight loss affect people's ability to think rationally? | X |  | Consuming too few calories can also impact on someone’s confidence and self-esteem, motivation and increase levels of anxiety, agitation and irritability to name a few. |
| 4 | Eating disorders only affect young girls and women? |  | X | Current prevalence figures suggest 25% of those with an eating disorder are male. This is still thought to be an under representation due to under recognition and stigma. As reported April 28, 2015 in the Journal of Adolescent Health, Transgender students were more than four times as likely to report an eating disorder diagnosis as cisgender heterosexual women. |
| 5 | People with eating disorders don’t like eating? |  | X | Eating disorders are not about food but feelings. Mealtimes and eating can become extremely challenging times but on the whole this statement is false. |
| 6 | People with bulimia can be a healthy weight? | X |  | Bulimia does not actually lead to weight loss. Due to the binge purge process it is thought that the food is removed before it can be absorbed but some food is absorbed in the digestive tract before vomiting, then after vomiting the person has the ‘empty stomach’ effect meaning you are more hungry and likely to binge again. Any weight loss experienced initially is due to dehydration. |
| 7 | Eating disorders are found around the world, in different countries and cultures | X |  | Eating disorders do not discriminate and affect people of all ages, racial/ethnic backgrounds, abilities, socioeconomic status, gender identities and sexual orientations. You can make reference to Eating Disorder 2 Lesson plan if you have time as this opens a lively debate about social media. |