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Eating Disorders

Eating disorders are the most common mental illness and affect over 30 million Amaracans, and the number of teens with eating disorders have rising due to social media and the internet

At least 30 million people of all ages and genders suffer from an eating disorder in the U.S, and every 62 minutes at least one person dies as a direct result from an eating disorder. People around the world are suffering from eating disorders. Eating Disorders have been part of our society for many years, but only recently has our society started to acknowledge these diseases. Eating disorders are found in young people, 95% of those with eating disorders are between the ages of 12 and 25. Eating disorders are most commonly found in girls, 10 in 100 young women suffer from an eating disorder. Although there is a smaller percentage of people boys can still have and be affected by eating disorders. Many people tend to focus on the problems in America, but countries around the world suffer from eating disorders.

There are three main types of eating disorders, the most common eating disorder in the US is Binge eating disorder (BED). According to a national survey BED affects an estimated 2.8 million people in the United States. BED is a disorder where a person doesn't stop eating and feels they can’t control themselves, and can’t stop eating. Usually people that suffer from BED have frequent episodes of overeating. After they binge eat they tend to feel bad about themselves and often end up purging( not eating after eating a large sum of food). Tis is harmful to their digestive system and can cause symptoms such as high cholesterol, high blood pressure, heart disease, osteoarthritis and sleep apnea. Another eating disorder is Anorexia, Anorexia is when someone spends a long period of time not eating, or eating very little. Anorexia is a very dangerous disease and 5 to 20 percent of teens who have anorexia will die for reasons related to the disorder. The final eating disorder is bulimia, bulimia is when a person eats a meal and after eating vomits. This can cause a lot of harm to a young girls body because the acid from you stomach could burn your throat and harm your teeth. All eating disorders are very harmful and can lead to life long problem and even death.

There are a lot of causes to eating disorders. Eating disorders almost always stem from a person's emotions and insecurities, but they can occasionally be genetic. The amount of deaths from eating disorders have increased over the years. Most eating disorders are found in teen girls. Teen anorexics tend to get insecure and see themselves as overweight. As a result, teens who are anorexic seek out unreasonable [body image](https://www.newportacademy.com/resources/treatment/body-dysmorphic-disorder/) goals. In our society, people are pushing unreasonable goals onto young girls. This causes stress and anxiety, these things can cause young people to make bad decisions and harm themselves to fit into the social construct. Some people may be more prone to overeating for biological reasons. People also think that eating disorders could be a problem in the brain. For example, the hypothalamus (the part of the brain that controls appetite) may fail to send proper messages about hunger and fullness. And serotonin, a normal brain chemical that affects mood and some compulsive behaviors, may also play a role in binge eating.

I think that our society needs to stop pressuring young people to be perfect and that they have to live up to a certain expectation. We need to bring down the number of deaths and make a change to how we hold standards.