

Unhealthy food behaviors may signal eating disorder in teen

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(HealthDay)—Almost 3 percent of teenagers aged 13 to 18 years have

food, weight, and body image issues severe enough to constitute an eating disorder, according to a behavioral health resource posted by The Family Institute at Northwestern University.

Early detection offers a treatment advantage, as with all medical and behavioral conditions. However, this can be difficult, as up to 50 percent of [teenage girls](#) and 30 percent of teenage boys exhibit unhealthy food behaviors, including skipping meals, fasting, [smoking cigarettes](#), vomiting, and using laxatives to control their weight.

Signs to look out for include restricting more and more food groups; significant weight change, especially rapid weight loss; repeated extended periods spent in the bathroom, especially with the water running; excessive exercise; and repeatedly avoiding activities involving food.

"Coupled with some of the aforementioned indicators, reduced energy, isolation, irritability, and social withdrawal can accompany an [eating disorder](#)," according to The Family Institute.

More information: [More Information](#)

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