



Eating disorders affect people of all genders, ages, ethnicities, and socioeconomic backgrounds. Here are some of the common warning signs that primary care clinicians should look for across ALL patients in your care.

⚠️ Common Warning Signs of Eating Disorders ⚠️



Mental Health History

Anxiety disorders Depression
Obsessive-compulsive disorder



Weight History

Higher weight
Recent, significant weight loss



Sexual and Gender Minority Status

LGBTQ+



Chronic Health Conditions

Celiac disease Diabetes
Cystic fibrosis Inflammatory bowel disease



Recent, Dramatic Dietary Changes

Fasting
Vegan
Vegetarian



Athletic-Related Fatigue

Presents with amenorrhea, bradycardia, or stress fractures