

Many people at UVA struggle with **body image, dieting,** and **exercise issues.**

While such difficulties range in seriousness, all can be addressed through a range of support options.

Disordered Eating is characterized by behaviors, attitudes or emotions about food, weight, body shape, and/or exercise that negatively impact daily life. Disordered eating can progress to an **Eating Disorder** such as **anorexia nervosa, bulimia nervosa,** or **binge eating disorder** in which symptoms more seriously impact social, emotional or academic functioning.

Anyone can develop an eating disorder, regardless of gender, age, economic status, or race/ethnicity.

If you or someone you know is struggling with eating difficulties or exercise concerns, **it is important to take action.** Addressing the issues sooner rather than later offers the best chance for improvement.

Treatment for eating disorders and disordered eating **is effective** in most cases. At UVA, hundreds of students have received help to improve their relationship with food, exercise, and their bodies.

We are here to support you.

Concerned about yourself or a friend?

This quiz is designed to help you identify problematic eating or exercise behavior.

1. I spend a lot of time thinking about eating, weight, and body shape/size.
2. My weight/appearance strongly affects how I feel about myself.
3. I am terrified of being fat.
4. I feel anxious if I can't check my weight or appearance frequently.
5. I have difficulty being flexible with my eating and/or exercise.
6. I frequently feel upset after eating.
7. I try to compensate for "bad" or excess eating by exercising, fasting, taking laxatives, making myself throw up, or smoking.
8. I eat more or restrict my eating in response to my feelings.
9. I feel anxious if I skip or have to miss planned exercise.
10. I feel the need to exercise even when I'm ill or injured.
11. I am secretive about my eating and/or exercise.
12. I often avoid being with others when food is involved in the activity.
13. I often have difficulty stopping eating until I feel uncomfortably full or sick.
14. I feel out of control over my eating.

If some of these statements are true for you or for your friend, we recommend a professional assessment to help you explore your best course of action. Available resources include:

- support groups
- nutrition education and counseling
- therapy services
- medical monitoring
- referral options
- healthy, balanced eating and exercise information

Currently enrolled UVA students are eligible for confidential services at low or no cost. Visit [Nutrition Services](#) to learn more.