



**Texas 4-H Youth
Development Healthy
Lifestyles Invitational**

Eating Disorders

Eating disorders are serious, but treatable mental and physical illnesses. In the United States, 10 in 100 young women suffer from an eating disorder, they also occur in boys, but less often. While no one knows for sure what causes eating disorders, a growing consensus suggests that it is a range of biological, psychological, and sociocultural factors.

The web pages below are the official Healthy Lifestyle Invitational Contest study resources. Classes will be developed based on information from these pages.

The National Eating Disorders Association (NEDA).

<https://www.nationaleatingdisorders.org/what-are-eating-disorders>

Nemours Teens Health.

<https://kidshealth.org/en/teens/eat-disorder.html>

University of Utah Health

<https://healthcare.utah.edu/healthfeed/2022/05/rescue-your-teen-eating-disorder>