



15. Does your weight fluctuate a lot?

16. Are you always trying to diet?

17. Do you dread mealtimes?

18. Do you eat late at night?

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Scoring: Always=0 points

Sometimes=1 point

Never=3 points

45 to 54: You have healthy eating behaviors.

36 to 44: Focus on your healthy behaviors; look for ways to improve your unhealthy eating behaviors.

20 to 35: Be careful that your unhealthy eating behaviors do not become bad habits.

0 to 20: Do a closer analysis of your eating behaviors to avoid the dangers of disordered eating.

## Profiles of Disordered Eaters

Various research suggests that anorexics and bulimics share a common profile and compulsive overeaters have their own profile. Do you think these profiles are accurate? Why or why not?

### **Anorexia and Bulimia**

female

white

early to mid teens

controlling or unstable family

studious, perfectionist

### **Compulsive Overeating**

male (slightly more than females)

low socio-economic group

all ages