

WARNING SIGNS LIST



BLUE RIDGE
EATING DISORDER CARE CENTER

Know the Signs: Eating Disorders in Students

Food Behaviors

- Frequently skipping meals or avoiding eating in front of others
- Cutting food into tiny pieces or eating very slowly
- Sudden switch to restrictive diets (e.g., “going vegan” with no health reason)
- Visiting the bathroom immediately after eating
- Preoccupation with calories, food labels, or “clean eating”
- Hiding, hoarding, or throwing away food
- Extreme focus on “healthy” or “clean” foods

IF YOU NOTICE ANY OF THESE SIGNS, EVEN IF THEY SEEM SMALL, TRUST YOUR INSTINCTS. EARLY INTERVENTION CAN SAVE LIVES!

School-Related Red Flags

- Frequently visits the nurse for vague symptoms (stomach aches, dizziness, fatigue)
- Sudden drop in grades or concentration
- Avoiding PE class or physical weigh-ins
- Fatigue, falling asleep in class
- Disengagement or isolation from peers
- Bringing little or no lunch, or not eating lunch at all
- Excessive exercise at school or during recess

PHYSICAL APPEARANCE & BODY BEHAVIOR

- RAPID WEIGHT LOSS OR FLUCTUATIONS
- WEARING BAGGY OR LAYERED CLOTHING TO HIDE BODY
- LOOKING IN MIRRORS OBSESSIVELY OR BODY CHECKING
- FREQUENTLY COMMENTING ON BEING “FAT,” EVEN WHEN UNDERWEIGHT
- COVERING ARMS, LEGS, OR STOMACH REGARDLESS OF TEMPERATURE
- COMPLAINTS OF BEING COLD EVEN IN WARM ENVIRONMENTS
- SIGNS OF SELF-INDUCED VOMITING (E.G., DENTAL EROSION, SWOLLEN CHEEKS)

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