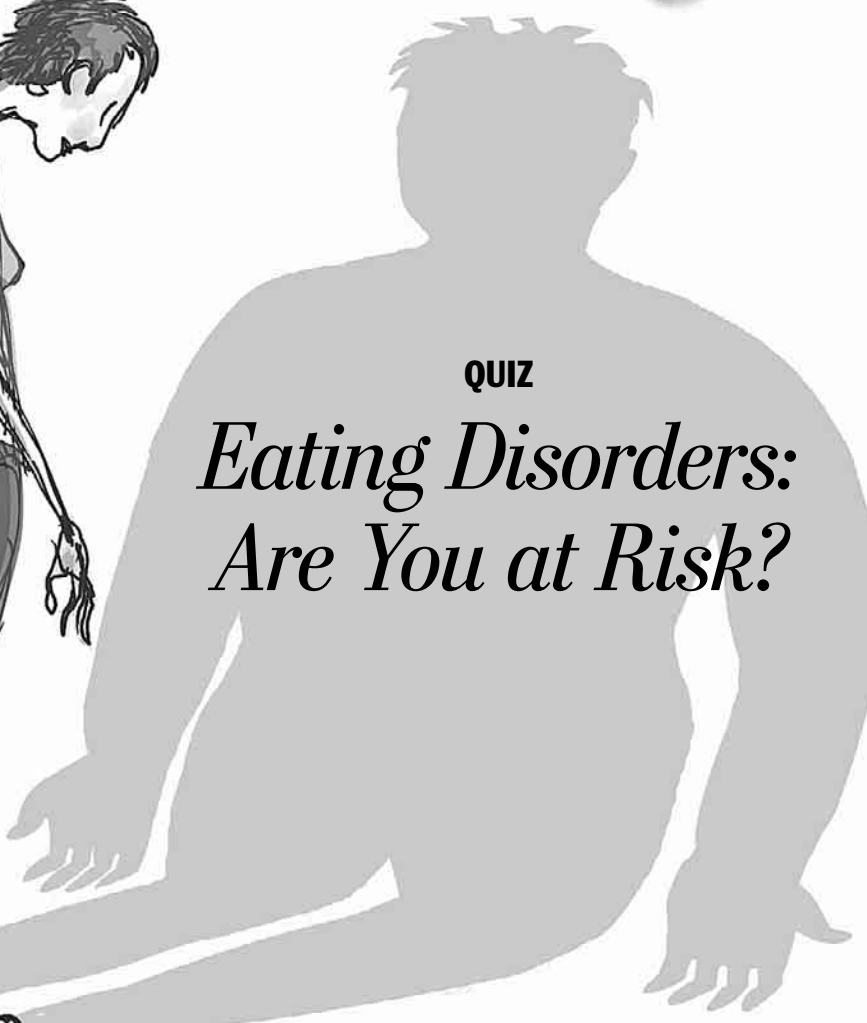




# HEALTH *to go*



## QUIZ

### *Eating Disorders: Are You at Risk?*

BY HECTOR CASANOVA — KANSAS CITY STAR VIA MCT

**D**o your thoughts and feelings about weight and your body put you at risk for an eating disorder? The following quiz developed by Stanford University researchers as part of the “Student Bodies” prevention program may help you find out. It is not intended as a diagnostic test. Answer the questions truthfully, then consult the key at the bottom to learn how to interpret your score.

If you score at moderate or high risk, you may want to seek help to avoid serious health problems.

- » A day rarely passes in which I don't worry about how much I eat.  True  False
- » I am embarrassed to be seen in a bathing suit.  True  False
- » There are many foods I always feel guilty about eating.  True  False
- » Most attractive people I see are thinner than I am.  True  False
- » I usually begin the day with a vow to diet.  True  False
- » My thighs are too fat.  True  False
- » I feel uncomfortable eating anything fattening in front of people.  True  False
- » It makes me nervous if I know people can watch me from behind.  True  False
- » After I eat a lot, I think about ways of getting rid of or burning up calories.  True  False
- » I hate seeing myself in a mirror.  True  False
- » I feel terrible about myself if I don't exercise a lot every day.  True  False
- » I find my naked body repulsive.  True  False
- » If I eat too much, I sometimes vomit or take laxatives.  True  False
- » My worst problem is how my body looks.  True  False

#### SCORING

**0-4** True responses; laxative/vomiting question marked False:

**Low Risk**

**5-8** True responses; laxative/vomiting question marked False:

**Moderate Risk**

**9-13** True responses; laxative/vomiting question marked False:

**High Risk**

Any number of True responses,  
with laxative/vomiting question marked True:

**Very High Risk**

Seek help promptly.

## Resources

The following organizations offer more information about the diagnosis and treatment of eating disorders. Some are accessible only online.

- » **Academy for Eating Disorders**, [www.aedweb.org](http://www.aedweb.org), 847-498-4274.
- » **American Academy of Child and Adolescent Psychiatry**, [www.aacap.org](http://www.aacap.org), 202-966-7300.
- » **National Eating Disorders Association**, [www.nationaleatingdisorder.org](http://www.nationaleatingdisorder.org), 800-931-2237.
- » **National Women's Health Information Center**, [www.womenshealth.gov](http://www.womenshealth.gov), 800-994-9662.
- » **National Association of Anorexia Nervosa and Associated Disorders**, [www.anad.org](http://www.anad.org), 847-831-3438.
- » **Something Fishy**, [www.something-fishy.org](http://www.something-fishy.org).

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Join Dianne Neumark-Sztainer, author of “I'm, Like, So Fat!': Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World,” in a Live Online discussion Friday at 2:30 p.m. to discuss teen eating.

[washingtonpost.com/liveonline](http://washingtonpost.com/liveonline)