

Talking about weight with patients?

Over 90% of people with an eating disorder are not underweight

Encouraging someone with an eating disorder to lose weight can make their symptoms significantly worse

Check for disordered eating first

Quick questions

- What is your relationship with food like?
- Does thinking about food, weight or shape cause you distress?
- How much time does thinking about food, weight, or shape take up in your day?
- Do you ever heavily restrict your food, or 'compensate' for what you have eaten (eg. *by going for a long period of time without eating, making yourself sick, exercising excessively, or using laxatives*)?

◀ Referrals

If an adult aged 18+ indicates that they are experiencing an intense and distressing preoccupation with food, weight or shape that is significantly impacting their life, you can [make a referral to the East London Community Eating Disorder Service \(Adults\) here.](#) (Tower Hamlets, Newham, City & Hackney)