



Eating Disorder Centre Cork

Reducing Risk Factors

Eating disorders are complex conditions that have many contributing factors, not one single cause

Early detection and intervention are critical to treatment success, (though people who have long standing eating disorders can and do recover) so knowing the risk factors can be key:

DID YOU KNOW ...

Low self-esteem and negative body image
Are risk factors?

They often lead to dieting, which can develop into a full-blown eating disorder