

Recovery From Eating Disorders

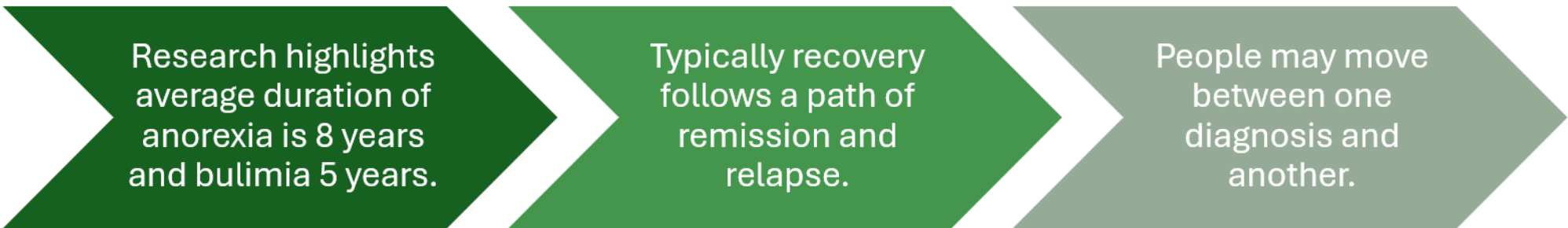
Recovery is highly individual. Some may recover fully, some may improve but not be free of their illness, others may develop a chronic eating disorder.

RECOVERY STATS

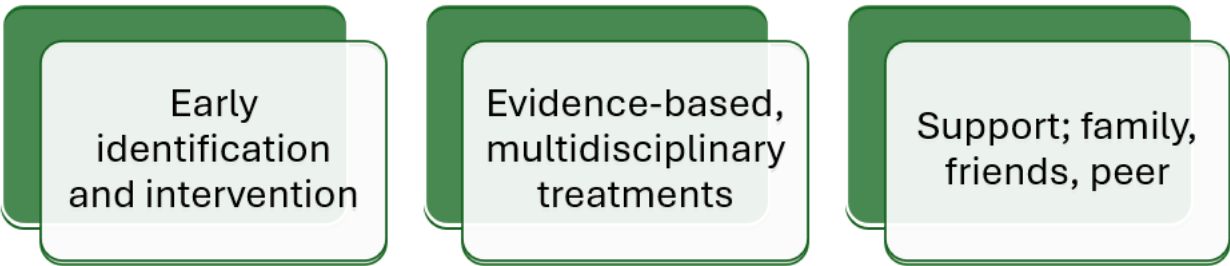
Anorexia Nervosa	Bulimia Nervosa	Binge Eating Disorder	OSFED
Estimates suggest that 46% of people will fully recover, 34% improve partially, and 20% develop chronic anorexia nervosa.	Between 30–60% of people with bulimia nervosa make a full recovery with treatment.	It is thought that approximately 70–80% of people with binge eating disorders will recover over time (12-year follow-up).	Prognosis varies widely and depends on the severity of associated physical and psychological features.

(NICE CKS 2024)

THE COURSE OF RECOVERY

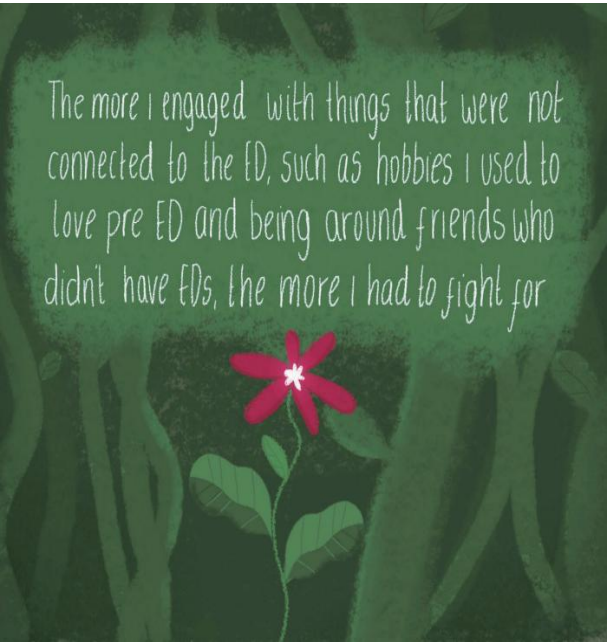


WHAT PROMOTES RECOVERY?



NOT JUST ABOUT WEIGHT AND FOOD

Those who have recovered from an eating disorder tell us that the journey to recovery is as much about identity, social reconnection and self-worth, as it is about food and weight.



Beat
Eating disorders

Beat is the UK's leading eating disorder charity.

Helplines are open Monday to Friday 3pm – 8pm for people of all ages, offering support and information about eating disorders.

- Phone: 0808 801 0677
- Email: help@beateatingdisorders.org.uk

'Untangling'. Written and illustrated by Juliet Simmonds. julietellasimmonds.com

How does this relate to T1DE?

Many with T1DE will have experienced diabetes related burnout and the benefits of 'putting down' diabetes related daily tasks is often a maintaining factor for the eating disorder. Picking these tasks back up alongside the need to continually engage with numbers linked to food and insulin compounds recovery. Some people with T1DE have told us that it can be hard to think of full recovery being possible when it is not possible to recover from the Type 1 Diabetes itself.