



## Reducing Risk Factors

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

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**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!

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### **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.