

BEAT QUIZ

1. Approximately how many people in the UK have an eating disorder?

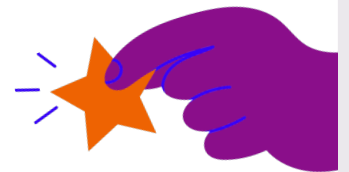
- A. 1.23 million people
- B. 1.25 million people
- C. 1.27 million people

2. What is an eating disorder?

- A. Eating disorders are complex mental illnesses which are characterised by someone being underweight.
- B. Eating disorders are complex mental illnesses which only females are affected by.
- C. Eating disorders are complex mental illnesses. Anyone regardless of age, gender, ethnicity or background can develop one.

3. Which eating disorder tragically has the highest mortality rate of any mental illness?

- A. Bulimia
- B. Anorexia Nervosa
- C. Binge Eating Disorder



4. What causes eating disorders?

- A. Genetics
- B. Environment
- C. There is no single reason – a whole range of different factors combined make it more likely that someone develops an eating disorder.

5. What does ARFID stand for?

- A. Avoidant/Restrictive Food Intake Disorder
- B. Avoidant/Repetitive Food Intake Disorder
- C. Avoidant/ Restrained Food Intake Disorder

6. Which eating disorder does the acronym 'BED' relate to?

- A. Binge Eating Disorder
- B. Binge Eating Dysmorphia
- C. Binge Eating Disease

7. In what year was Beat founded?

- A. 1983
- B. 1989
- C. 1985

8. What name was Beat formally known as?

- A. Eating Disorders Association
- B. Eating Disorders Alliance
- C. Eating Disorders Guild

9. Who does Beat provide help for?

- A. Anyone who has an official eating disorder diagnosis
- B. People of all ages no matter where they are in their journey (do not have to have a diagnosis)
- C. Anyone who has been diagnosed with an eating disorder in the last five years.

10. Where is Beat's head office located?

- A. Norwich
- B. London
- C. Warrington

ANSWER SHEET

1. **B.** 1.25 million
2. **C.** Eating disorders are complex mental illnesses. Anyone regardless of age, gender, ethnicity or background can develop one.
3. **B.** Anorexia Nervosa
4. **C.** There is no single reason – a whole range of different factors combined make it more likely that someone develops an eating disorder.
5. **A.** Avoidant/Restrictive Food Intake Disorder
6. **A.** Binge Eating Disorder
7. **B.** 1989
8. **A.** Eating Disorders Association
9. **B.** People of all ages no matter where they are in their journey (do not have to have a diagnosis)
10. **A.** Norwich