Traffic Light System for Identification

National Eating Disorders Collaboration
Evidence · Experience · Expertise

PREVENTION
- Choose food for hunger and preference
- Social eating
- Lack of guilt/shame around eating
- Body acceptance
- Healthy weight for age and body type
- General feeling of wellbeing and vitality
- Socially engaged

AWARENESS/IDENTIFICATION
- Dieting, fasting
- Social withdrawal; fatigue; low concentration
- Increased exercise, use of steroids
- Change in food preferences, lying about food, feeling guilt and shame
- Overfocus on food, weight and shape
- Anxious about food, avoiding social eating
- Unusual/excessive body checking/dissatisfaction
- Mood changes; anxiety
- Weight loss, gain or fluctuation

TREATMENT
- Binge eating
- Vomiting or laxative use
- Not eating enough to meet nutritional needs
- Rapid weight loss or gain
- Fainting, feeling cold
- Change/loss of menses
- Swelling around jaw
- Dehydration
- Compulsive exercise

Signs and symptoms in the orange and red panels indicate that action and intervention is required.