

Feeding and eating disorders

Preparing to Discuss Eating or Feeding Concerns

Adults | 10 to 15 minutes

Difficulty with eating or feeding deserves attention even when it is hard to explain or invisible to others. This page helps organize a care conversation. It does not ask you to count calories, record weight, change meals, or decide which diagnosis applies.

Use broad descriptions rather than detailed quantities. Choose what feels possible to share with a qualified healthcare professional.

Describe the impact

Consider fear, distress, avoidance, loss of control, sensory difficulty, or physical symptoms affecting meals and daily life. No particular appearance is required for a concern to deserve assessment.

Make contact easier

Identify a barrier such as cost, shame, transport, or fear of being dismissed. Prepare a request for medical evaluation and appropriately qualified eating-disorder or feeding support.

1. What eating or feeding experience concerns me?**2. How does it affect my body, relationships, or daily activities?****3. What makes seeking care difficult, and what help could reduce that barrier?****4. What would I like a healthcare professional to understand first?****Clinical use and adaptation**

Do not infer severity from body size or prescribe food, exercise, weighing, or compensatory-behavior changes. Coordinate specialist and medical assessment. Acute physical deterioration, fainting, chest pain, or inability to maintain fluids requires urgent medical attention.