

# INCREASED RISK FOR PEOPLE LIVING WITH TYPE 1 DIABETES

Why do people living with T1D have an increased risk of developing an eating disorder?

**The daily monitoring.** People living with type 1 diabetes must constantly monitor their nutrition, exercise, blood glucose levels and insulin doses, which can lead to obsessive thinking and behaviors with food, weight and numbers.

**The fear of lows (Hypoglycemia).** Low blood sugars feel awful. If someone living with type 1 diabetes struggles with over-treating their low blood sugars, they may eventually gain weight. This can lead to feelings of guilt, shame and anger at their diabetes. Please check out our Recovery Toolkit to learn how to effectively manage low blood sugars!

**The need for control.** No one chooses to live with a demanding chronic illness like type 1 diabetes. Many people who struggle with ED-DMT1 feel a false “sense of control” when engaging in their eating disorder practices.

**The guidelines suggested to effectively manage type 1 diabetes can unfortunately apply to the “eating disorder thought process.”** Many people living with type 1 diabetes feel a sense of pressure to strive for perfection. There is an unavoidable focus on numbers and food which can also trigger disordered thinking and behaviors.

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