

Potential Impact of COVID-19 on Different Student Populations – Students with Eating Disorders

The Wellness Center's Health Promotion team compiled information on different student populations and how they may be impacted by the COVID-19 pandemic. We have included some background information, as well as some national and Loyola specific resources for students to access in this time of uncertainty. See below for information on students with eating disorders, the rest of the specific population factsheets can be found in separate pdfs on the [website](#).

Students with Eating Disorders

The implications of COVID-19 can stir up heightened fear and feelings of loss of control, and/or isolation. This can be especially challenging for people who have or are recovering from eating disorders, and those who may look to dietary restrictions or binge eating for a sense of control.

Eating disorders can make people more susceptible to illness because of a lack of proper nutrition or added stress. There also may be less access to in-person psychological resources and treatments during this time. If you or a friend are experiencing difficulty surrounding disordered eating, here are some resources for you to explore:

Resources:

- [Eating disorders and Coronavirus](#)
- [Hotlines and text lines](#)
- [Nutrition Services at Loyola Chicago](#)