

## Eating Disorders

The COVID-19 pandemic has drastically affected not just our physical health but also our mental health and lifestyles. So it is of no surprise that our eating habits might have changed, with most people gaining a few extra pounds. But what about those who were already suffering from eating disorders? What effect did locking down during the pandemic have on individuals who have toxic relationships with food?

Nowadays, there is more awareness among citizens on eating disorders and their devastating effects on our health through social media, blogs and helplines. According to research, teenagers and women are more prone to such psychological disorders, with a lifetime prevalence of 3.8%, compared to the 1.7% observed in men (approximately half as prevalent).

On **Wednesday 5th May 2021**, everyone is invited to a virtual event where Ms Roxanne Mangion, Ms Darleen Zerafa and Dr Lucrezia Cipolla will be discussing and sharing their experience on this gripping topic.

For more information we encourage you to visit Malta Café Scientifique's Facebook page <http://www.facebook.com/Malta.Cafe.Scientifique> and the official page <http://bit.ly/MCSCIweb>.

You can now view events and subscribe to our mailing list from the website Malta Café Scientifique thanks the STEAM project, Spazju Kreattiv for hosting this event, the University of Malta, and Malta Chamber of Scientists (of which the café forms part).

**Please register for this free webinar: <http://bit.ly/MCS21MayRegistration>**

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### CREATIVE TEAM

Danielle Martine Farrugia (Project Manager),  
Pavol Macejovsky (Content and logistic),

Poster Designers: Antonio Borg and Olena Sammut