

## **EATING DISORDERS FACT SHEET**

### **General:**

- Almost 50% of people with eating disorders meet the criteria for depression. <sup>1</sup>
- Only 1 in 10 men and women with eating disorders receive treatment. Only 35% of people that receive treatment for eating disorders get treatment at a specialized facility for eating disorders. <sup>2</sup>
- Up to 24 million people of all ages and genders suffer from an eating disorder (anorexia, bulimia and binge eating disorder) in the U.S. <sup>3</sup>
- Eating disorders have the highest mortality rate of any mental illness. <sup>4</sup>

### **Students:**

- 91% of women surveyed on a college campus had attempted to control their weight through dieting. 22% dieted "often" or "always." <sup>5</sup>
- 86% report onset of eating disorder by age 20; 43% report onset between ages of 16 and 20. <sup>6</sup>
- Anorexia is the third most common chronic illness among adolescents. <sup>7</sup>
- 95% of those who have eating disorders are between the ages of 12 and 25. <sup>8</sup>
- 25% of college-aged women engage in bingeing and purging as a weight-management technique. <sup>3</sup>
- The mortality rate associated with anorexia nervosa is 12 times higher than the death rate associated with all causes of death for females 15-24 years old. <sup>4</sup>

### **Men:**

- An estimated 10-15% of people with anorexia or bulimia are male. <sup>9</sup>
- Men are less likely to seek treatment for eating disorders because of the perception that they are "woman's diseases." <sup>10</sup>
- Among gay men, nearly 14% appeared to suffer from bulimia and over 20% appeared to be anorexic. <sup>11</sup>

### **Media, Perception, Dieting:**

- 95% of all dieters will regain their lost weight within 5 years. <sup>3</sup>
- 35% of "normal dieters" progress to pathological dieting. Of those, 20-25% progress to partial or full-syndrome eating disorders. <sup>5</sup>
- The body type portrayed in advertising as the ideal is possessed naturally by only 5% of American females. <sup>3</sup>
- 47% of girls in 5th-12th grade reported wanting to lose weight because of magazine pictures. <sup>12</sup>
- 69% of girls in 5th-12th grade reported that magazine pictures influenced their idea of a perfect body shape. <sup>13</sup>
- 42% of 1st-3rd grade girls want to be thinner (Collins, 1991).

- 81% of 10 year olds are afraid of being fat (Mellin et al., 1991).
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### **For Women**

- Women are much more likely than men to develop an eating disorder. Only an estimated five to 15 percent of people with anorexia or bulimia are male.<sup>14</sup>
- An estimated 0.5 to 3.7 percent of women suffer from anorexia nervosa in their lifetime.<sup>14</sup> Research suggests that about 1 percent of female adolescents have anorexia.<sup>15</sup>
- An estimated 1.1 to 4.2 percent of women have bulimia nervosa in their lifetime.<sup>14</sup>
- An estimated 2 to 5 percent of Americans experience binge-eating disorder in a 6-month period.<sup>14</sup>
- About 50 percent of people who have had anorexia develop bulimia or bulimic patterns.<sup>15</sup>

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