EATING DISORDERS FACT SHEET

General:

- Almost 50% of people with eating disorders meet the criteria for depression. ¹
- 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. ²
- 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. ³
- Eating disorders have the highest mortality rate of any mental illness. ⁴

Students:

- 91% of women surveyed on a college campus had attempted to control their weight through dieting. 22% dieted "often" or "always." ⁵
- 86% report onset of eating disorder by age 20; 43% report onset between ages of 16 and 20. ⁶
- Anorexia is the third most common chronic illness among adolescents. ⁷
- 95% of those who have eating disorders are between the ages of 12 and 25. ⁸
- 25% of college-aged women engage in bingeing and purging as a weight-management technique.³
- 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.⁴

Men:

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

Media, Perception, Dieting:

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


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. An estimated 0.5 to 3.7 percent of women suffer from anorexia nervosa in their lifetime. Research suggests that about 1 percent of female adolescents have anorexia.
• An estimated 1.1 to 4.2 percent of women have bulimia nervosa in their lifetime.
• An estimated 2 to 5 percent of Americans experience binge-eating disorder in a 6-month period.
• About 50 percent of people who have had anorexia develop bulimia or bulimic patterns.

8. Substance Abuse and Mental Health Services Administration (SAMHSA), The Center for Mental Health Services (CMHS), offices of the U.S. Department of Health and Human Services.
13. Ibid.