

# Eating Disorders Facts and Statistics

- Eating disorders can severely impair people's functioning and health.
- People with eating disorders tend to suffer from other mental health disorders like depression or anxiety.
- People with binge eating disorder may develop problems associated with obesity.
- People with binge eating disorder may develop diabetes.
- Binge eating disorders can lead to high blood pressure.
- Eating disorders contribute to physical problems such as anemia, hair and bone loss, and tooth decay.
- One in ten anorexia cases ends in death from starvation, suicide or medical complications like heart attacks or kidney failure.
- Research shows that eating disorders are one of the psychological problems least likely to be treated.
- Certain psychological factors predispose people to developing eating disorders.
- People with anorexia tend to be perfectionists, while people with bulimia are often impulsive.
- Most people with eating disorders suffer from low self-esteem and feelings of helplessness.
- People with eating disorders tend to withdraw from social contact and hide their eating behavior.
- People sometimes have eating disorders without family or friends suspecting a problem.
- People with binge eating disorder experience frequent episodes of out-of-control eating.

References: APA, *Eating Disorders: Psychotherapy's Role of Effective Treatment*, 1998; National Institutes of Mental Health

## Eating Disorders Facts and Statistics

- Approximately 35% of people with binge-eating disorder are male.
- An estimated 5% to 15% of people with anorexia and bulimia are male.
- Females are much more likely to develop an eating disorder than males.
- Between 2% and 5% of Americans experience binge-eating disorder in a 6-month period.

References: APA, *Eating Disorders: Psychotherapy's Role of Effective Treatment*, 1998; National Institutes of Mental Health