



# EATING DISORDERS STATISTICS



***1 in 5 women struggle with an eating disorder or disordered eating.*** National Institute of Mental Health's (NIMH) guide, *Eating Disorders: Facts About Eating Disorders and the Search for Solutions*

***Eating Disorders affect up to 24 million Americans and 70 million individuals worldwide.***

The Renfrew Center Foundation for Eating Disorders, "Eating Disorders 101 Guide: A Summary of Issues, Statistics and Resources," published September 2002, revised October 2003, <http://www.renfrew.org>.

***An estimated 10 to 15% of people with anorexia or bulimia are male.*** Carlat, D.J. Camargo. *Review of Bulimia in Males*. American Journal of Psychiatry, 154, 1997

***90 % of those who have eating disorders are women between the ages of 12 and 25.*** Substance Abuse and Mental Health Services Administration, The Center for Mental Health Services, offices of the US Department of Health and Human Services.

***It is estimated that currently 11% of high school students have been diagnosed with an eating disorder.*** ANAD Ten Year Study. *National Association of Anorexia Nervosa and Associated Disorders*. [www.anad.org](http://www.anad.org)

***15% of young women in the US who are not diagnosed with an eating disorder display substantially disordered eating attitudes and behaviors.*** Girl Power!, a public education program of the US Department of Health and Human Services.

***A Study conducted by Cornell University found that 40% of male football players surveyed engaged in some sort of disordered eating behavior. (Newsweek, 1994)***

***The most common behavior that will lead to an eating disorder is dieting.*** Natalia Zunino, Ph.D, of American Anorexia and Bulimia Association, Inc.

***The diet and diet related industry is a 50 billion dollar a year enterprise.*** Garner, D.W., Wooley, S.C. (1991), "Confronting the failure of behavioral and dietary treatments for obesity." *Clinical Psychology Review*, 11, pp. 727-780.

***35% of "normal dieters" progress to pathological dieting. Of those, 20-25% progress to partial or full syndrome eating disorders.*** Shisslak, C.M., Crago, M., & Estes, L.S. (1995). The spectrum of eating disturbances. *International Journal of Eating Disorders*, 18 (3), 209-219.

***According to a recent study, over 1/2 the females between the ages of 18-25 would prefer to be run over by a truck then be fat, and 2/3 surveyed would rather be mean or stupid.*** Gaesser, G. (1996), *Big Fat Lies: The Truth About Your Weight and Your Health*. New York: Fawcett Columbine.

***51% of 9 and 10 year-old girls feel better about themselves if they are on a diet*** Mellin LM, Irwin CE & Scully S: Disordered eating characteristics in girls: A survey of middle class children. *Journal of the American Dietetic Association*. 1992; 92:851-53.

***42% of 1st-3rd grade girls want to be thinner (Collins, 1991).*** Collins M.E. (1991) Body figure and preferences among pre-adolescent children. *International Journal of Eating Disorders*, 199-208.

***46% of 9-11 year-olds are "sometimes" or "very often" on diets, and 82% of their families are "sometimes" or "very often" on diets (Gustafson-Larson & Terry, 1992).*** Gustafson-Larson, A., & Terry, R.D. (1992). Weight-related behaviors and concerns of fourth-grade children. *Journal of the American Dietetic Association*, 92, 818-822.

**81% of 10 year olds are afraid of being fat. 51% of 9 and 10 year old girls feel better about themselves if they are on a diet.** Mellin LM, Irwin CE & Scully S: Disordered eating characteristics in girls: A survey of middle class children. Journal of the American Dietetic Association, 1992; 92:851-53.

**Time Magazine reports that 80% of all children have been on a diet by the time that they have reached the fourth grade.**

**91 % of women surveyed on a college campus had attempted to control their weight through dieting, 22% dieted “often” or “always.”** Kurth CL, Krahn DD, Nairn K & Drewnowski A: *The severity of dieting and bingeing behaviors in college women: Interview validation of survey data.* Journal of Psychiatric Research. 1995; 29(3):211-25.

**The average woman is 5’4’ and weighs 140 pounds. The average model is 5’11’ and weighs 117 pounds. Most fashion models are thinner than 98% of American women.** Smolak L. (1996). National Eating Disorders Association/Next Door Neighbors puppet guide book.

**Anorexia is the 3<sup>rd</sup> most common chronic illness among adolescents.** Public Health Service’s Office in Women’s Health, *Eating Disorder Information Sheet*, 2000.

**A young woman with anorexia is 12 times more likely to die than other women her age without anorexia.** Mortality in Anorexia Nervosa. American Journal of Psychiatry, 152(7), 1073-1074.

**Five to ten percent of anorexics die within ten years of onset, 18-20 percent die within twenty years of onset, and only 50 percent report ever being cured.** American Psychiatric Association (1993), “Practice Guidelines for Eating Disorders.” American Journal of Psychiatry, 150 (2), pp 212-228.

**20% of people suffering from anorexia will prematurely die from complications related to their eating disorder, including suicide and heart problems.** The Renfrew Center Foundation for Eating Disorders, "Eating Disorders 101 Guide: A Summary of Issues, Statistics and Resources," published September 2002, revised October 2003, <http://www.renfrew.org>.

**0.5 % - 3.7 % of females suffer from Anorexia Nervosa in their lifetime.** National Institute of Mental Health. *Eating Disorders* NIH Publication No. 94-3477 Rockville, MD, 1994

**1.1 % - 4.2 % of females suffer from Bulimia Nervosa in their lifetime.** National Institute of Mental Health. *Eating Disorders* NIH Publication No. 94-3477 Rockville, MD, 1994

**Up to 19% of college aged women in America are bulimic.** Rader Programs. [www.raderprograms.com](http://www.raderprograms.com)

**2% - 5 % of the American population experience Binge Eating Disorder.** National Institute of Mental Health. *Eating Disorders* NIH Publication No. 94-3477 Rockville, MD, 1994

**Men constitute 40% of those exhibiting Binge Eating Disorder.** American Psychiatric Association. *Diagnostic & Statistical Manual of Mental Disorders Fourth Ed. (DSM-IV)*. Washington DC, 1994.

**The onset of Binge Eating Disorder usually occurs during the late adolescence or in the early twenties.** American Psychiatric Association. *Diagnostic & Statistical Manual of Mental Disorders Fourth Ed.* Washington DC, 1994.

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