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


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

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.


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.


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.

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


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.


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.


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


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