



Eating Disorders Fact Sheet

Did You Know?

- There has been a rise in incidence of anorexia in young women **15-19** in each **decade** since 1930 (**Hoek& van Hoeken, 2003**).
- **The Agency for Healthcare Research and Quality** reported that hospitalizations for eating disorders for children under **age 12** increased by 119% between **1999** and **2006**.
- Eating disorders are not limited to girls and young women. **The National Institute of Health (NIH)** reports that **5-15 percent** of adolescents with eating disorders are boys.
- Possible causes include a combination of biology, psychological problems, and environment. A report from the **National Institute of Mental Health (NIMH)** states that individuals may carry certain genes that make them vulnerable to developing eating disorders and psychological factors, such as low self-esteem, perfectionism, and impulsive behavior, also play a role.

Symptoms/Behaviors



- Controlled emotional expression
- Inflexible thinking
- Impaired concentration
- Concerned about eating in public
- Depressed mood or mood swings
- Self-deprecating statements
- Irritability
- Lethargy
- Fainting spells, dizziness, fatigue
- Headaches
- Hiding food
- Avoiding snacks or activities that include food
- Frequent bathroom trips
- Refusing to eat or lying about how much was eaten
- Throwing up after meals
- Increased anxiety about weight
- A need to control environment

Prevalence vs. Funding

Despite the prevalence of eating disorders, they continue to receive inadequate research funding.

Illness	Prevalence Funds (2011)	NIH Research
Alzheimer's Disease	5.1 million	\$450,000,000
Autism	3.6 million	\$160,000,000
Schizophrenia	3.4 million	\$276,000,000
Eating disorders	30 million	\$28,000,000

(National Institutes of Health, 2011)

Risk Factors

- Eating disorders frequently appear during the teen years or young adulthood but may also develop during childhood or later in life.
- These disorders affect both genders, although rates among women are 2½ times greater than among men.
- Like women who have eating disorders, men also have a distorted sense of body image. For example, men may have muscle dysmorphia, a type of disorder marked by an extreme concern with becoming more muscular.

Treatments and Therapies

Adequate nutrition, reducing excessive exercise, and stopping purging behaviors are the foundations of treatment. Treatment plans are tailored to individual needs and may include one or more of the following:

- Individual, group, and/or family psychotherapy
- Medical care and monitoring
- Nutritional counseling
- Medications

Resources

- The Agency for Healthcare Research and Quality
- National Institute of Health
- National Institute of Mental Health
- Minnesota Association for Children's Mental Health

