

Eating Disorder Fact Sheet

WHAT YOU NEED TO KNOW

What is an eating disorder?



10% of the population is impacted by eating disorders

An unhealthy preoccupation with food, weight, or appearance that interferes with everyday life.

- This includes anorexia nervosa, bulimia nervosa, binge eating disorder, orthorexia, diabulimia, "avoidant/restrictive food intake disorder" (ARFID), or "other specified feeding or eating disorder" (OSFED)
- Binge Eating Disorder is the most common – affecting three times as many people as anorexia and bulimia combined. It is **more common than breast cancer, HIV, or schizophrenia.**
- Eating disorders often occur alongside other mental health issues such as anxiety, depression, or substance use
- Eating disorders are among the deadliest of all mental illnesses, second only to substance use

- There is no eating disorder "look"** – Less than 6% of people with eating disorders are underweight
- Eating disorders affect **ALL** races, ages, and socioeconomic statuses, without discrimination
- Many people struggle with **disordered eating or body image** without ever having a clinical diagnosis



Eating Disorders, Body Image, and Mental Health

Colorado Teens in 2023:

22.5% reported engaging in disordered behaviors



Most at risk – 42.9% of nonbinary teens



Less than half feel confident with their body image



63.6% were bullied because of physical appearance

28.4% reported poor mental health



- Eating disorder related healthcare needs increased 65% between 2018 and 2022
- Less than 20%** of people affected receive the formal treatment they need
- BUT: people who get treatment are **4x more likely to recover** from their eating disorder
- Recovery **looks different for everyone** – it can include hospitalization, inpatient or outpatient treatment, psychiatrists, therapists and counselors, dietitians and nutritionists, primary care physicians, or support groups

A few signs and symptoms:

- Social Isolation**, depression, anxiety
- Rapid or excessive **weight fluctuations**
- Preoccupation** with weight, food, diets, body image, exercise or nutrition
- Eliminating foods from their diet; eating in secret; hiding food
- Extreme "picky" eating, fear of illness, sensory issues
- Perfectionism** and difficulty setting personal limits
- Distorted** body image
- Feeling **out of control** around food; purging; restricting food intake



How EDF can help:

- Workshops and community presentations – offered in-person or online
- Drop-in support by phone, e-mail, and in person – reassuring all that "you are not alone"
- Support groups and discussions – including groups for men, adolescents, people in recovery, art journaling, LGBTQ+ people, family and friends, and more
- Educating professionals and providing networking opportunities
- Referrals and advocacy for treatment options and resources
- Partnership with a low-cost counseling program
- One-on-one mentorship
- A size- and gender-inclusive clothing boutique
- Legislative advocacy
- Most services are completely free of charge

