

MORE THAN 5% OF YOUR SCHOOL IS AFFECTED BY AN EATING DISORDER

That's 25 students in a school of 500

What you should know: Eating disorders can affect all kinds of bodies and you cannot tell by looking at someone if they have an eating disorder. Each person's genetic inheritance influences their bone structure, body size, shape, and weight differently. We should appreciate those differences, encourage healthy behaviors, and treat every body with respect.

When researchers included nonspecific eating disorder symptoms, a total of **13.2%** of the girls had suffered from a DSM-5 eating disorder...

Stice E, Marti CN, Shaw H, and Jaconis M. (2010). An 8-year longitudinal study of the natural history of threshold, subthreshold, and partial eating disorders from a community sample of adolescents. *Journal of Abnormal Psychology*, 118(3):587-97. doi: 10.1037/a0016481.

5.2% of girls met criteria for DSM-5 anorexia, bulimia, or binge eating disorder.

Males represent **25%** of individuals with anorexia nervosa, and they are at a higher risk of dying, in part because...many people assume males don't have eating disorders.

Mond, J.M., Mitchison, D., & Hay, P. (2014) "Prevalence and implications of eating disordered behavior in men" in Cohn, L., Lemberg, R. (2014) *Current Findings on Males with Eating Disorders*. Philadelphia, PA: Routledge.

EATING DISORDERS AND SUICIDE

Every 62 minutes at least one person dies as a direct result from an eating disorder.

Eating Disorders Coalition. (2016). *Facts About Eating Disorders: What The Research Shows*. http://eatingdisorderscoalition.org.s208556.gridserver.com/couch/uploads/file/fact-sheet_2016.pdf

Eating disorders have the **highest mortality rate** of any mental illness.

Smink, F. E., van Hoeken, D., & Hoek, H. W. (2012). Epidemiology of eating disorders: Incidence, prevalence and mortality rates. *Current Psychiatry Reports*, 14(4), 406-414

Young people between the ages of 15 and 24 with anorexia have **10 times the risk of dying** compared to their same-aged peers.

Smink, F. E., van Hoeken, D., & Hoek, H. W. (2012). Epidemiology of eating disorders: Incidence, prevalence and mortality rates. *Current Psychiatry Reports*, 14(4), 406-414.

Arm yourself with information: Pick up the NEDA Brochure "What is an Eating Disorder" Download the Educator Tool Kit from the NEDA website: www.nationaleatingdisorders.org



BE AWARE.

IF YOU SEE SOMETHING SAY SOMETHING.

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