

# INCREASE NIH FUNDING FOR EATING DISORDERS RESEARCH



## THE FACTS ON EATING DISORDERS

Eating Disorders are common, serious bio-psycho-social mental illnesses.

Eating Disorders affect:

# 30

## Million Americans

over the course of their lifetimes.<sup>1</sup>

Eating Disorders have the

# 2<sup>nd</sup>

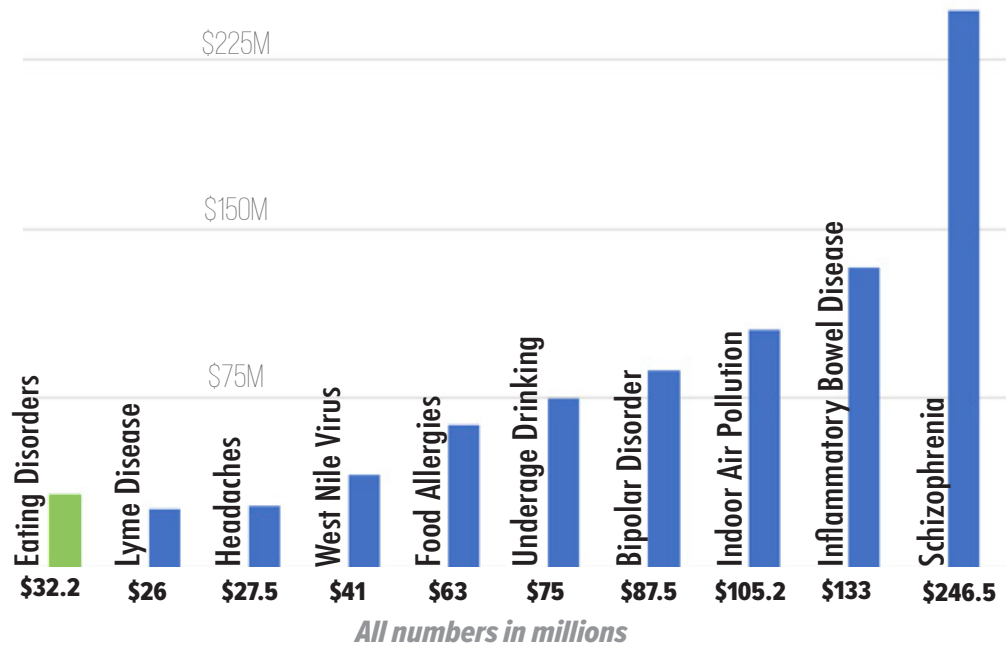
## Highest

mortality rate out of any behavioral health illness, 2<sup>nd</sup> only to opioid use.<sup>2</sup>

When left untreated, eating disorders are associated with the following medical conditions, amongst a number of others:<sup>3</sup>

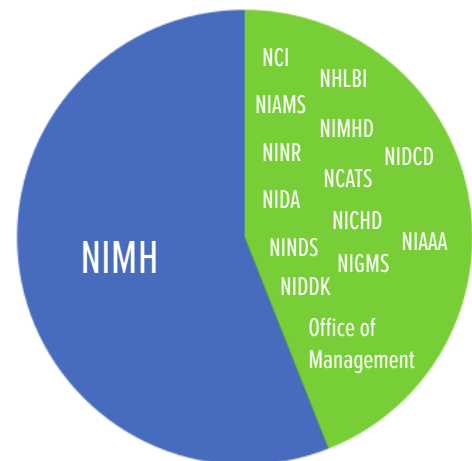
- Type II Diabetes
- Osteoporosis
- Infertility
- Heart Failure
- Hepatitis
- Starvation
- Kidney Failure
- Cognitive Dysfunction
- Fracture (hip, back, etc.)
- PTSD
- Hypoglycemic Seizures
- Amenorrhea
- High and low blood pressure
- High cholesterol levels
- Gall bladder disease
- Tooth decay
- Chronically inflamed and sore throat
- Co-morbid psychiatric conditions
- Rupture of the esophagus
- PCOS

## NIH HAS HISTORICALLY UNDERFUNDED RESEARCH FOR EATING DISORDERS



## MULTIPLE INSTITUTES WITHIN NIH ARE ALREADY RESEARCHING EATING DISORDERS

While underfunded, multiple institutes in NIH, including NIMH, have been researching eating disorders across the board - with an average of 44% of research performed from institutes outside of NIMH.<sup>4,5</sup>



## SOLUTION: INCREASE NIH FUNDING FOR MULTI-INSTITUTE RESEARCH OF EATING DISORDERS

There are numerous unaddressed areas of research and opportunities to advance understanding, prevention, identification and treatment. Investing in more research funding across NIH in multiple institutes will lead to more lives saved, recovery, and lower costs to the U.S.

## CONGRESSIONAL ACTION: FY21 REPORT LANGUAGE

- Urge NIH to increase funding for research within multiple institutes, including NIMH, in FY 2021.
- Direct NIH to report on their status.

Citations from Infographic:

1. Judson, J.I., Hiripi, E., Pope, H.G., & Kessler, R.C. (2007). The Prevalence and correlates of eating disorders in the National Comorbidity Survey Replication. *Biological Psychiatry*, 61(3), 348-358.
2. Arcelus, J., Mitchell, A.J., Wales, J., & Nielsen, S. (2011). Mortality rates in patients with anorexia nervosa and other eating disorders. A meta-analysis of 36 studies. *Archives of General Psychiatry*, 68(7), 724-731.
3. National Center on Addiction and Substance Abuse at Columbia University. (2003). *Food for thought: substance abuse and eating disorders* <http://www.centeronaddiction.org/addiction-research/reports/food-thought-substance-abuse-and-eating-disorders>
4. [https://report.nih.gov/categorical\\_spending.aspx](https://report.nih.gov/categorical_spending.aspx)
5. NIH Institutes Outside of NIMH:
  - National Heart, Lung, and Blood Institute (NHLBI)
  - National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)
  - National Institute for Children's Health and Development (NICHD)
  - National Institute on Drug Abuse (NIDA)
  - National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)
  - National Institute of Mental Illness (NIMH)
  - National Institute of Neurological Disorders and Stroke (NINDS)
  - National Institute of Nursing Research (NINR)
  - National Institute on Alcohol Abuse and Alcoholism (NIAAA)
  - National Cancer Institute (NCI)
  - National Institute of General Medical Sciences (NIGMS)
  - National Institute of Minority & Health Disparities (NIMHD)
  - National Center for Advancing Translational Sciences (NCATS)
  - National Institute on Deafness and Other Communication Disorders (NIDCD)
  - Office of Management – NIH