

EATING DISORDERS & MARGINALIZED VOICES

Eating disorders affect everyone, regardless of gender, age, race, ethnicity, culture, size, socioeconomic status, or sexual orientation. Misconceptions about who eating disorders affect have real consequences, leading to fewer diagnoses, treatment options, and pathways to help for those who don't fit the stereotype.

EATING DISORDERS, GENDER, & SEXUALITY

Although eating disorders affect a higher proportion of males who identify as gay or bisexual than females, **the majority of males with eating disorders are heterosexual.**⁴



15% of gay or bisexual men



5% of heterosexual men

had a full or subthreshold eating disorder at some point in their lives.⁵



men



women

Subclinical eating disordered behaviors are nearly as common among males as they are among females.¹³



lesbian or bisexual women



heterosexual women

Eating disorders are equally as prevalent in lesbian and bisexual women as they are in heterosexual women.¹⁴



transgender students

Transgender college students were significantly more likely than members of any other group of college students to report an eating disorder diagnosis in the past year.¹⁰

EATING DISORDERS AMONG PEOPLE OF COLOR & UNIQUE BARRIERS TO TREATMENT

Despite similar rates of eating disorders among non-Hispanic white, Hispanic, Black, and Asian people in the United States, **people of color are significantly less likely to receive help for their eating issues.**^{12,3}

INCREASED RISK OF BULIMIA AMONG ADOLESCENT BLACKS & HISPANICS

- IN A STUDY OF ADOLESCENTS, RESEARCHERS FOUND THAT **HISPANICS WERE MORE LIKELY TO SUFFER FROM BULIMIA** THAN NON-HISPANICS. THERE WAS ALSO A TREND TOWARDS A HIGHER PREVALENCE OF BINGE EATING DISORDER IN ALL MINORITY GROUPS.⁶
- **BLACK TEENAGERS ARE 50% MORE LIKELY TO EXHIBIT BULIMIC BEHAVIOR** THAN WHITE TEENAGERS, SUCH AS BINGING AND PURGING.¹²

When presented with identical case studies demonstrating disordered eating symptoms in white, Hispanic and Black women, clinicians were asked to identify if the woman's eating behavior was problematic:¹⁵



44%

IDENTIFIED THE WHITE WOMAN'S EATING BEHAVIOR AS PROBLEMATIC



41%

IDENTIFIED THE HISPANIC WOMAN'S EATING BEHAVIOR AS PROBLEMATIC



17%

IDENTIFIED THE BLACK WOMAN'S EATING BEHAVIOR AS PROBLEMATIC

EATING DISORDERS AMONG OLDER POPULATIONS

From 1999 to 2009, hospitalizations involving eating disorders for patients aged 45-65 increased:⁷

88%



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