

EATING DISORDERS & MEN

Eating disorders affect people of all genders, although they have routinely been characterized as a women's issue. There are many factors that lead males to be under- and undiagnosed for eating disorders, including the social stigma of males seeking psychological help. Correcting these false impressions is vital to removing the stigma surrounding gender and eating disorders. By de-stigmatizing eating disorders, everyone will get better access to diagnosis and treatment.

EATING DISORDER PREVALENCE AMONG MEN & BOYS

Among individuals with eating disorders, **men represent the following percentage** of those affected:²



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.**



15% of gay or bisexual men

&



5% of heterosexual men

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

SUB-CLINICAL EATING DISORDER BEHAVIORS COMMON



binge eating



purging



fasting



taking laxatives

Subclinical eating disordered behaviors **are nearly as common among males as females.**⁶

ELEVATED MORTALITY RISK & COMMON COMORBID CONDITIONS

Eating disorders have the **highest mortality rate of all mental illnesses.**



VARIOUS STUDIES SUGGEST THAT MEN WITH EATING DISORDERS HAVE A

HIGHER MORTALITY RISK⁷

Men with eating disorders **often suffer from comorbid conditions** such as:⁸



anxiety



excessive exercise



depression



substance disorders

HOSPITALIZATION & TREATMENT OF MEN WITH EATING DISORDERS

From 1999 to 2009, **hospitalizations involving eating disorders for male patients increased by:**¹

53%



A GENDER-SENSITIVE APPROACH THAT SUPPORTS THE DIFFERENT NEEDS & DYNAMICS FOR MALES IS CRITICAL FOR EFFECTIVE TREATMENT:

- MALES IN TREATMENT CAN FEEL OUT OF PLACE WHEN PREDOMINANTLY SURROUNDED BY FEMALES AN ALL-MALE TREATMENT SETTING IS RECOMMENDED, WHEN POSSIBLE.^{8,9}

GET SCREENED | WWW.MYNEDA.ORG/SCREENING

GET HELP | CALL (800) 931-2237
TEXT NEDA TO 741741

CITATIONS: WWW.MYNEDA.ORG/INFOGRAPHICS