

Eating Disorders Facts & Figures

Compiled by the
University Health Center Mental Health Services Eating Disorders Treatment Service

Who is affected?

- 20% of college women are reported to struggle with eating disorders or disordered eating
- 10% of college men have anorectic symptoms (Nelson, W.L. et al 1999)
- Eating disorders affect people of all races and backgrounds.

The Drive to be Thin

- 42% of 1st-3rd graders want to be thinner. (Collins, 1991)
- 80% of 10-year-olds have expressed fears of becoming fat. (Mellin et al, 1991)
- 91% of women on a college campus had attempted to control their weight through dieting. (Kurth et al., 1995)
- Most fashion models are thinner than 98% of American women (Smolak, 1996)

Body Dissatisfaction

- 80% of women in the U.S. are dissatisfied with their appearance (Smolak, 1996)
- The female body has not changed over thousands of years, what has changed is the ideal body type
- College men, on average, want a body that is 30 lb. more muscular than their own.
- 43% of men are dissatisfied with their overall appearance, and 53% are dissatisfied with their weight. (Psychology Today survey in 1997)

kNOw dieting!

- Americans spend more than \$40 billion each year on dieting and diet-related products, yet the obesity epidemic is growing...does dieting work ?? (Smolak, 1996)
- The diet industry makes so much money in part because they make promises they can not keep and do not inform us of the negative consequences of dieting...

Negative Consequences of Dieting

- 95% of all dieters regain their lost weight in 1-5 years. (Grodstein, 1996)
Weight gained back is all fat, but you lost lean muscle mass and fat.
- Dieting forces the body into starvation mode, which slows the metabolism. Your metabolism is how your body burns calories, so dieting makes you fight your body's natural ability. Bingeing is the body's natural response to dieting/restricting.
- Women need @22% of their weight to be body fat in order to menstruate. When there is not enough body fat, women suffer from Amenorrhea (inability to menstruate).