

# Eating Disorders



- ❑ **Of the currently more than 10 million Americans afflicted with eating disorders, 87 percent are children and adolescents under the age of twenty**
- ❑ **In a recent study, young girls were quoted as saying that they would prefer to have cancer, lose both their parents, or live through a nuclear holocaust than to be fat.**
- ❑ **81% of 10 year olds are afraid of being fat**
- ❑ **Not uncommon to see 5 or 6 year olds developing symptoms of Anorexia**
- ❑ **25% of first graders admit to having been on a diet**

# Thin Ideal

- ❑ The US Dept. of Health and Human Services task force reports that 80% of girls in grades 3 to 6 displayed body image concerns and dissatisfaction with their appearance.
- ❑ By the time girls reached the 8th grade, 50% of them had been on diets, putting them at risk for eating disorders and obesity.
- ❑ By age 13, 10% had reported the use of self-induced vomiting



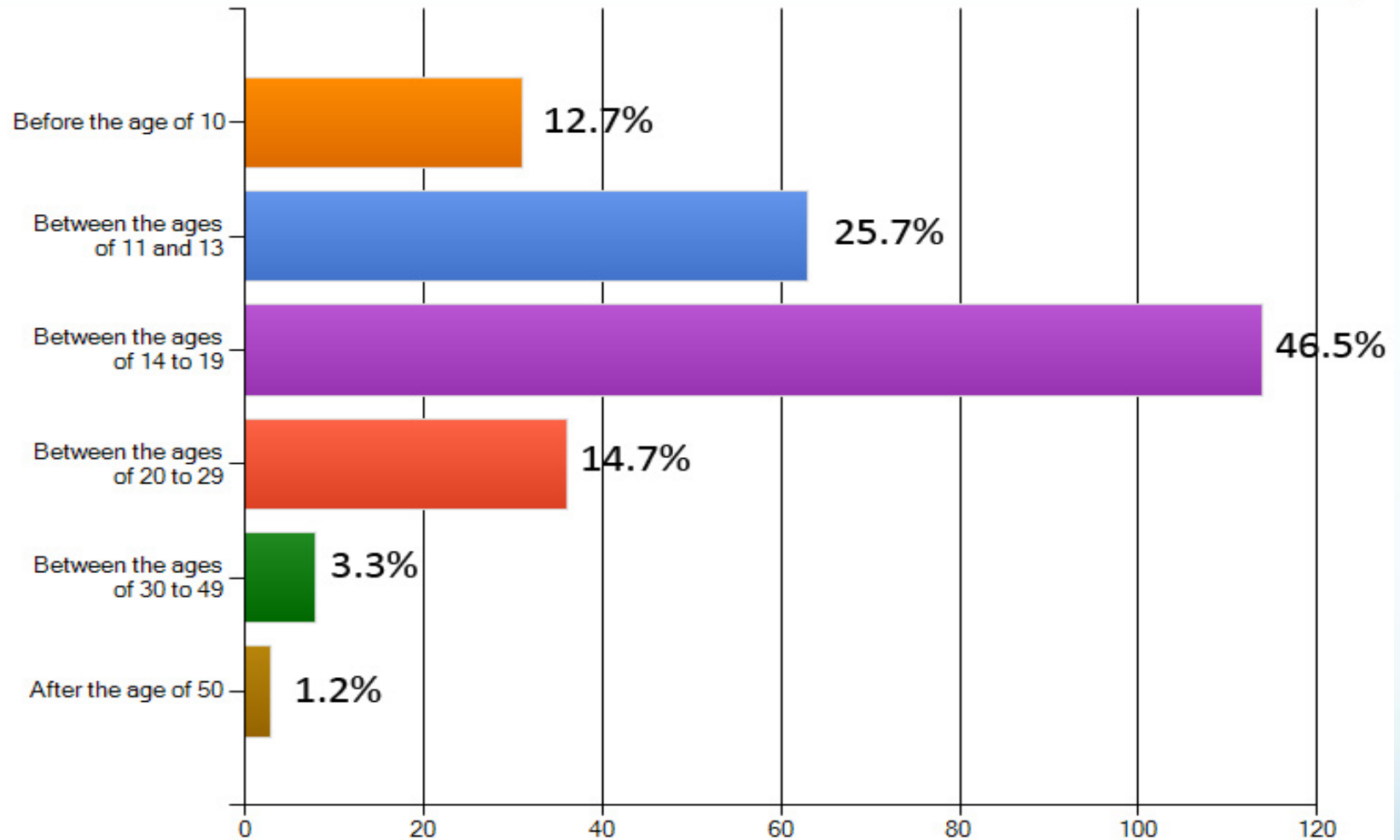
# Baby Boomers

- More than 20% of the women aged 70 and older are dieting
- When asked what bothered them most about their bodies, a group of women aged 61 to 92 identified weight as their greatest concern
- In all age groups: 60% of adult women have engaged in pathogenic weight control; 40% are restrained eaters; 40% are overeaters; only 20% are instinctive eaters; 50% say their eating is devoid of pleasure and causes them to feel guilty; 90% worry about their weight.



## THE SYMPTOMS OF MY EATING DISORDER FIRST OCCURRED:

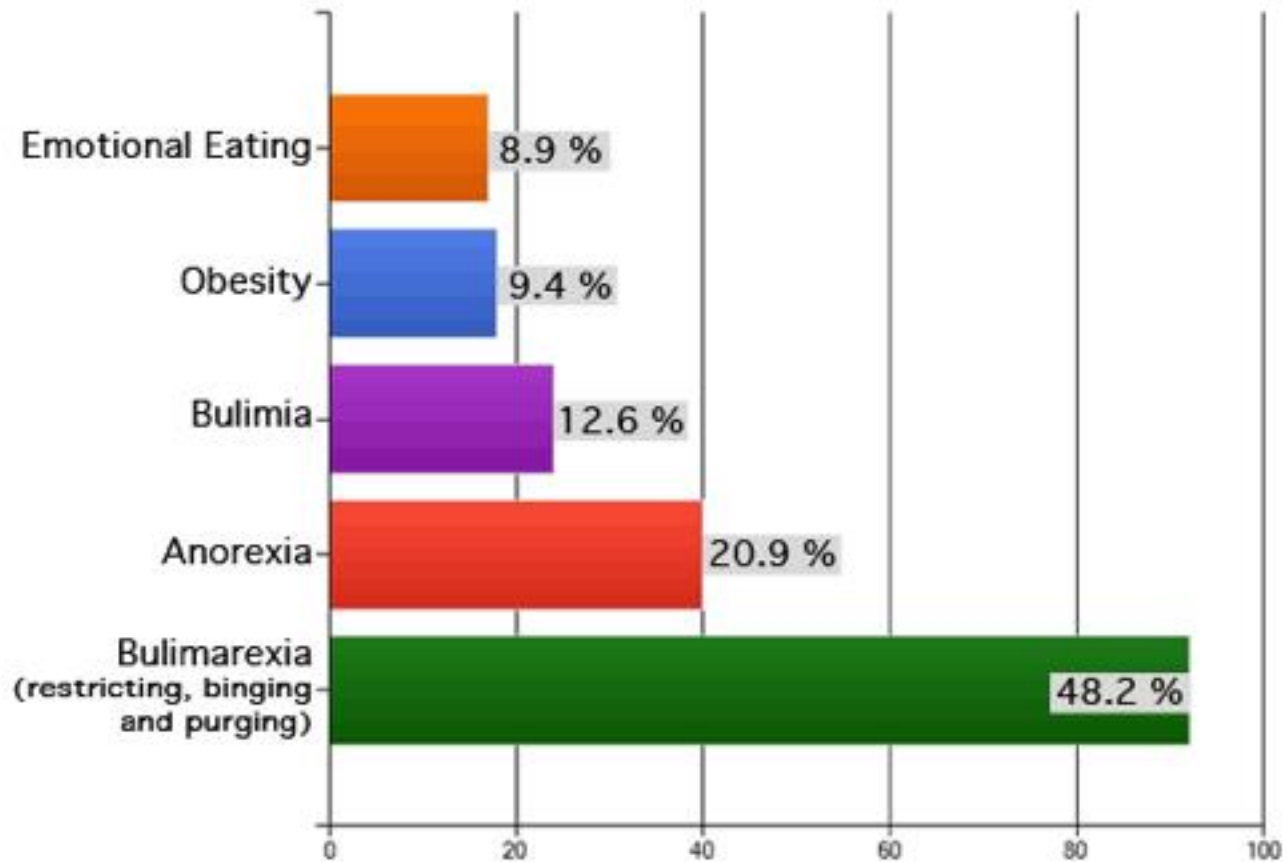
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### I. Declining Health of Americans

## I CURRENTLY SUFFER FROM:

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# Eating Disorders Among Males

- ❑ The number of males with eating disorders has doubled during the past decade.
- ❑ Males now comprise about 10% of those with Anorexia
- ❑ Adolescents with eating disorders are at elevated risk for anxiety disorders, cardiovascular symptoms, chronic fatigue, chronic pain, depression, infectious diseases, insomnia, neurological symptoms, and suicide.





## **Typical complications/Co-morbid conditions:**

- **Infertility**
- **Amenorrhea**
- **Lanugo**
- **Osteoporosis**
- **Heart disease**
- **OCD**
- **Depression, Anxiety & Suicide**

## **New complications/Co-morbid conditions:**

- **Baldness, toothlessness, cirrhosis of the liver, kidney failure**
- **Autoimmune disorders, such as Celiac's Disease, Renaud's, Lupus, type I diabetes**
- **Long-term – Alzheimer's**