

Eating Disorders Statistics

Caregivers:

- **The burden of caregiving is higher among caregivers of patients with eating disorders than among caregivers of patients with depression or schizophrenia.**
Martín, J., Padierna, A., van Wijngaarden, B., Aguirre, U., Anton, A., Muñoz, P., & Quintana, J. M. (2015). Caregivers consequences of care among patients with eating disorders, depression or schizophrenia. BMC psychiatry, 15, 124.
- **The economic cost for caregivers of patients with eating disorders is \$23.5B as they provide 6 weeks of informal, unpaid care per year.**
Deloitte Access Economics. The Social and Economic Cost of Eating Disorders in the United States of America: A Report for the Strategic Training Initiative for the Prevention of Eating Disorders and the Academy for Eating Disorders. June 2020. Available at: <https://www.hsph.harvard.edu/stripped/report-economic-costs-of-eating-disorders/>
- **One study found that caregivers of patients with anorexia nervosa, especially mothers, experienced significant emotional responses including feelings of distress, guilt, hopelessness, and experienced sleep deprivation.**
Whitney J, Murray J, Gavan K, Todd G, Whitaker W, Treasure J. Experience of caring for someone with anorexia nervosa: Qualitative study. British Journal of Psychiatry. 2005;187:444–449. doi: 10.1192/bjp.187.5.444. <https://doi.org/10.1192/bjp.187.5.444>

General Statistics:

- **9% of the US population, or 30 million Americans will have an eating disorder in their lifetime.**
Deloitte Access Economics. The Social and Economic Cost of Eating Disorders in the United States of America: A Report for the Strategic Training Initiative for the Prevention of Eating Disorders and the Academy for Eating Disorders. June 2020. Available at: <https://www.hsph.harvard.edu/stripped/report-economic-costs-of-eating-disorders/>
- **Global eating disorder prevalence increased from 3.5% to 7.8% between 2000 and 2018.**
Galmiche, M., Déchelotte, P., Lambert, G., & Tavolacci, M. P. (2019). Prevalence of eating disorders over the 2000-2018 period: a systematic literature review. The American journal of clinical nutrition, 109(5), 1402–1413. <https://doi.org/10.1093/ajcn/nqy342>

- **Every 52 minutes 1 person dies as a direct consequence of an eating disorder.**
Deloitte Access Economics. The Social and Economic Cost of Eating Disorders in the United States of America: A Report for the Strategic Training Initiative for the Prevention of Eating Disorders and the Academy for Eating Disorders. June 2020. Available at: <https://www.hsph.harvard.edu/striped/report-economic-costs-of-eating-disorders/>
- **High proportions of veterans experience eating disorders. Up to 18.5% of women and 8.5% of men in a national sample of U.S. military veterans screened positive for an eating disorder.**
*Mitchell, K. S., Masheb, R., Smith, B. N., Kehle-Forbes, S., Hardin, S., & Vogt, D. (2021). Eating disorder measures in a sample of military veterans: A focus on gender, age, and race/ethnicity. *Psychological Assessment*, 33(12), 1226–1238. <https://doi.org/10.1037/pas0001050>*
- **Military-related trauma was associated with eating disorder symptoms among veteran men and women in two separate samples.**
*Arditte Hall, K. A., Bartlett, B. A., Iverson, K. M., & Mitchell, K. S. (2018). Eating disorder symptoms in female veterans: The role of childhood, adult, and military trauma exposure. *Psychological trauma: theory, research, practice and policy*, 10(3), 345–351. <https://doi.org/10.1037/tra0000301>*
*Arditte Hall, K. A., Bartlett, B. A., Iverson, K. M., & Mitchell, K. S. (2017). Military-related trauma is associated with eating disorder symptoms in male veterans. *The International journal of eating disorders*, 50(11), 1328–1331. <https://doi.org/10.1002/eat.22782>*
- **Gay and bisexual men in a national sample of male veterans had higher levels of eating disorder symptoms compared to heterosexual men.**
*Bankoff, S. M., Richards, L. K., Bartlett, B., Wolf, E. J., & Mitchell, K. S. (2016). Examining weight and eating behavior by sexual orientation in a sample of male veterans. *Comprehensive psychiatry*, 68, 134–139. <https://doi.org/10.1016/j.comppsy.2016.03.007>*
- **One study found that nearly half (49.3%) of eating disorder patients admitted to a residential facility in the US had symptoms compatible with a PTSD diagnosis.**
*Brewerton, T., Perlman, M., Gavidia, I., Suro, G., Genet, J., Bunnell, D. (2020). The association of traumatic events and posttraumatic stress disorder with greater eating disorder and comorbid symptom severity in residential eating disorder treatment centers. *International Journal of Eating Disorders*, 53(12), 2061–2066. <https://doi.org/10.1002/eat.23401>*