

The Facts About

# EATING DISORDERS



memphis  
moms blog<sup>SM</sup>



1 IN 5 AMERICAN WOMEN SUFFERS  
FROM AN EATING DISORDER

# 42%

OF 1ST-3RD GRADE GIRLS  
WANT TO BE THINNER

# 52%

OF HIGH SCHOOL GIRLS FAST OR  
SKIP MEALS TO LOSE WEIGHT

BULLYING ABOUT BODY SIZE AND APPEARANCE  
IS THE MOST COMMON FORM OF BULLYING IN SCHOOLS

## 25% OF MEN AND 45% OF WOMEN ARE ON A DIET ON ANY GIVEN DAY

35% OF "NORMAL DIETERS" PROGRESS TO PATHOLOGICAL  
DIETING. OF THOSE, 20-25% PROGRESS TO PARTIAL OR FULL-  
SYNDROME EATING DISORDERS



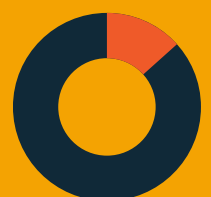
MIDDLE-AGED WOMEN AND MOMS ARE THE  
FASTEST GROWING SEGMENTS OF THE POPULATION  
BEING DIAGNOSED WITH EATING DISORDERS



35-57% OF  
ADOLESCENT GIRLS  
ENGAGE IN CRASH  
DIETING



25% OF HIGH  
SCHOOL MALES FAST  
OR SKIP MEALS TO  
LOSE WEIGHT



12% OF AMERICANS  
STILL BELIEVE  
EATING DISORDERS  
ARE STRICTLY  
RELATED TO VANITY