

The State of Eating Disorders



30 million Americans struggle with eating disorders, or **9%** of the population.

- National Association of Anorexia Nervosa and Associated Disorders (ANAD)

35% of dieting becomes obsessive, and **20–25%** of those diets become eating disorders.

- National Eating Disorders Association (NEDA)



1 in 3 girls and **1 in 5 boys** experience disordered eating.

- American Medical Association — JAMA



Treatment for eating disorders can vary and include outpatient, intensive outpatient (IOP), partial hospitalization (PHP), residential/inpatient, or **some combination over time.**

There are **8 types** of recognized eating disorders, affecting weight and overall health in **very different ways.**

- DSM-5



Visit [LucetHealth.com](https://www.lucethealth.com) to view the **Eating Disorder Awareness Toolkit**