



## EATING DISORDERS FACT SHEET

*Eating disorders are serious, life-threatening mental illnesses that can affect anyone, regardless of age, race, gender identity, sexual orientation, or background.*



**someone dies due to an eating disorder.**

**28.8 million**  
Americans are  
struggling with  
eating disorders

**26%**  
attempt suicide

**Less than 6%**  
are medically  
underweight

### WHAT ARE EATING DISORDERS?

Eating disorders are illnesses in which people experience severe disturbances in their eating behaviors and related thoughts and emotions. There are various types of eating disorders, the most common being anorexia, bulimia, and binge-eating disorder.

### DO YOU HAVE AN EATING DISORDER?

Ask yourself, “How much time do I spend thinking about food, weight, and body image?” If you spend so much time with these concerns that it interferes with your happiness or ability to function, you should consider seeking help.

### ANAD IS HERE TO HELP.

If you or someone you know is struggling with an eating disorder, ANAD is here to help. We provide free, peer support services to anyone struggling with an eating disorder.

*Learn more at [anad.org](http://anad.org).*

**Sources: STRIPED, the Academy for Eating Disorders, Journal of Adolescent Health, Eating Disorders Journal of Treatment and Prevention**