

Quick Facts

- **Most common onset of an eating disorder is between 10-20 years of age.**
- **90% of females have tried at least one diet by the age of 17; 80% by age 11, 40% by age 9**
- **40% of 6 year olds wish they were thinner**
- **The self-esteem of girls suffers a steep drop at puberty. The drop is closely related to body image**
- **90-98% of all diets fail**
- **98% of dieters gain back more weight than they lost**
- **The average American woman wears a size 12 or 14 in clothing (Barbie's portrayed figure is 5'6" + 100 lbs)**
- **80% of American women claim to be dissatisfied with their shape and 80% of women are on a diet**
- **American standards for the ideal weight have become thinner and thinner over the past 20 years. During the same time period, the weight of the average adult increased by 5 lbs due to improved nutrition**
- **Playboy centerfolds and Miss America Pageant contestants have become thinner over the past 20 years**
- **Models weight 25% less than the average woman**
- **Anorexia has the highest death rate of any psychiatric disorder**
- **Depression and obsessive compulsive features are fairly common in anorexia and bulimia**
- **At puberty, many girls diet and/or smoke in attempt to prevent normal changes in their body**
- **Eating disorders commonly start before substance abuse**
- **Up to 1/3 of anorexics are addicted to cocaine**
- **25%-50% are addicted to other drugs**
- **Anorexia reports have risen 36% every 5 years since the 1950's**
- **90% of cases of severe eating disorders are young white females of upper socioeconomic status**
- **10% of the male population suffers from an eating disorder**
- **20% end fatally**

Celebrities with eating disorders:

Paula Abdul

Justine Batemen

Karen Carpenter

Nadia Comaneci

Susan Dey

Jane Fonda

Tracey Gold

Elton John

Jeannine Turner

Jamie Lynn-Sigler

Cherry Boone O'Neill

Barbera Niven

Alexandra Paul

Princess Di

Lynn Redgrave

Kathy Rigby

Joan Rivers