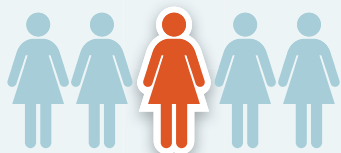


# THE REALITY OF EATING DISORDERS



The Emily Program  
FOUNDATION



**1 IN 5 WOMEN**

struggles with an  
**EATING DISORDER**  
or disordered eating.

**MIDDLE-AGED WOMEN**  
are the **FASTEST GROWING SEGMENT**  
of the population  
being diagnosed with  
eating disorders



Eating disorders affect over  
**30 MILLION AMERICANS**  
(200,000 of these are in the  
state of MN)



**BULLYING** about  
**BODY SIZE** and  
**APPEARANCE**

is the most common  
form of bullying in  
schools.



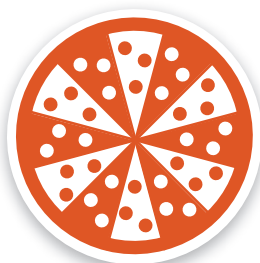
Americans spend over



**\$40 BILLION**

on dieting &  
diet-related products / year

Girls who diet frequently are



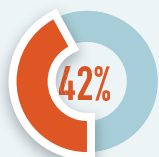
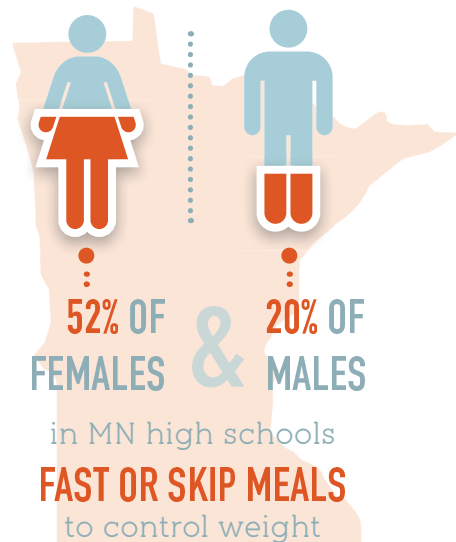
**12 TIMES**  
**AS LIKELY**  
**TO BINGE**  
as girls  
who  
don't diet

**MEN CONSTITUTE 40%**  
of those exhibiting  
**BINGE EATING DISORDER**

The most  
common behavior  
that will lead to an  
**EATING DISORDER IS DIETING**



**25% OF AMERICAN MEN &**  
**45% OF AMERICAN WOMEN**  
are on a diet on any given day



**OF 1<sup>ST</sup>-3<sup>RD</sup>**  
**GRADE GIRLS**  
want to be thinner



**OF 10 YEAR OLDS**  
are afraid of  
**BEING FAT**

Anorexia has the  
**HIGHEST MORTALITY RATE**  
of any  
**MENTAL ILLNESS**



Eating disorders are a mental  
illness, they are not a choice



**FOUR OUT OF TEN**

individuals have either  
personally experienced an  
eating disorder or know  
someone who has