

# Eating Disorders: A Tough Road to Recovery

**20 million women** and **10 million men** suffer from a clinically significant eating disorder at some time in their life.

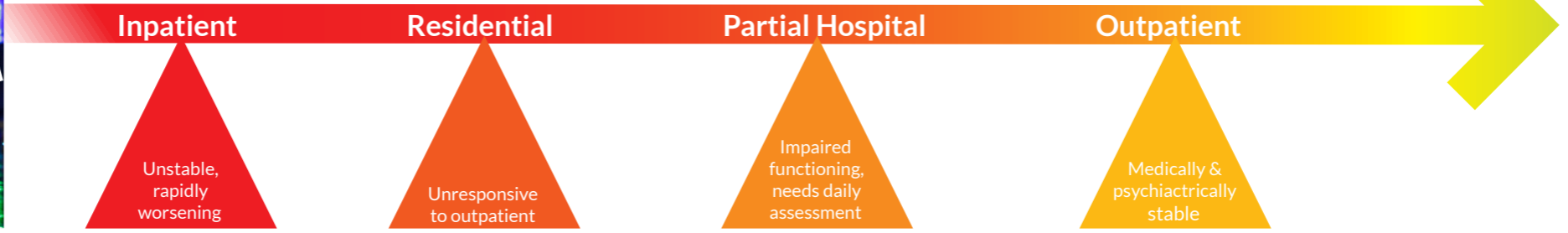
In Kansas and Missouri, **3.4%** of each state's population struggles with an eating disorder.

Deadly consequences  
**12X #1**  
The rate at which 15-24-year-old females are more likely to die from anorexia nervosa than all other causes.  
The mortality rate of anorexia nervosa over of any other psychiatric disorder.

**3X**  
The rate at which bulimia in 10-39-year-old women between 1988 and 1993 increased.  
**African American** girls aged 11-14 consistently scored higher on Eating Disorder Inventory scales.  
**Hispanics and Asians** reported the most body dissatisfaction among the leanest 25 percent of 6th and 7th grade girls.



## Treatment: A Continuum of Care



**NEDA Helpline: (800) 931-2237**  
General information: <http://www.nationaleatingdisorders.org/resource-links>  
Insurance resources: <http://www.nationaleatingdisorders.org/insurance-resources>

Sources:  
National Eating Disorders Association web site, [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)  
National Association of Anorexia Nervosa and Associated Disorders, Eating Disorder Population by Gender in each State, <http://www.anad.org/news/eating-disorder-population-by-gender-in-each-state/>