Statistics on Dieting and Eating Disorders

The Dieting Industry

• **95% of diets fail and most will regain their lost weight in 1-5 years**  

• **75% of American women surveyed endorse unhealthy thoughts, feelings or behaviors related to food or their bodies**  

• **91% of women recently surveyed on a college campus had attempted to control their weight through dieting, 22% dieted “often” or “always”**  

• **Almost half of American children between 1st – 3rd grade want to be thinner and half of 9 - 10 year old girls are dieting**  

• **The “obesity industry” (commercial weight-loss programs, weight-loss drug manufacturers and bariatric surgery centers) will likely top $315 billion this year.**  
  Nearly 3% of the overall U.S. economy  

• **Childhood obesity has tripled since the ‘80s when America first called out its “War Against Obesity”**  

• **35% of “occasional dieters” progress into pathological dieting, (disordered eating) and as many as 25%, advance to full-blown eating disorders**  
Statistics on Eating Disorders

• At least 10 million females and 1 million males are fighting a life and death battle with an eating disorder and million more are struggling with binge eating disorder
  Source: Information obtained from the National Association of Eating Disorders, Retrieved July 18, 2011, from (www.nationaleatingdisorders.org/index.php)

• 40% of newly identified cases of anorexia are in girls 15 - 19 years old
  Source: Information obtained from the National Association of Eating Disorders, Retrieved July 18, 2011, from (www.nationaleatingdisorders.org/index.php)

• There has been a rise in incidences of anorexia in young women 15 - 19 every decade since the 1930’s
  Source: Information obtained from the National Association of Eating Disorders, Retrieved July 18, 2011, from (www.nationaleatingdisorders.org/index.php)

• The incidence of bulimia in 10 - 39 year old women TRIPPLED between 1988 and 1993
  Source: Information obtained from the National Association of Eating Disorders, Retrieved July 18, 2011, from (www.nationaleatingdisorders.org/index.php)

• Anorexia is the most lethal psychiatric disorder, carrying a sixfold increased risk of death -- four times the death risk from major depression

• The death rate is worse for those diagnosed with anorexia in their 20s whose at 18 times higher than for healthy people their age

• For females between 15 – 24 who suffer from anorexia, the mortality rate associated with the illness is twelve times higher than the death rate of ALL other causes of death
  Source: Information obtained from the National Association of Eating Disorders, Retrieved July 18, 2011, from (www.nationaleatingdisorders.org/index.php)