

Statistics on Dieting and Eating Disorders

The Dieting Industry

- **95% of diets fail and most will regain their lost weight in 1-5 years**
Source: *Statistics on Weight Discrimination: A Waste of Talent*, The Council on Size and Weight Discrimination, Retrieved July 18, 2011, from (<http://www.cswd.org/index.html>)
- **75% of American women surveyed endorse unhealthy thoughts, feelings or behaviors related to food or their bodies**
Source: *Three Out Of Four American Women Have Disordered Eating, Survey Suggests*, Science News, Retrieved July 18, 2011, from (www.sciencedaily.com/releases/2008/04/080422202514.htm)
- **91% of women recently surveyed on a college campus had attempted to control their weight through dieting, 22% dieted “often” or “always”**
Source: Information obtained from the National Association of Eating Disorders, Retrieved July 18, 2011, from (www.nationaleatingdisorders.org/index.php)
- **Almost half of American children between 1st – 3rd grade want to be thinner and half of 9 - 10 year old girls are dieting**
Source: *Rate of Eating Disorders in Kids Keeps Rising*, US Department of Health and Human Services, Retrieved July 18, 2011, from (<http://www.healthfinder.gov/news/newsstory.aspx?docID=646574>)
- **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**
Source: *“The War On Obesity” was declared on American soil by former Surgeon General C. Everett Koop in 1996*. Big Fat Facts Blog, Retrieved July 18, 2011, from (<http://www.bigfatfacts.com/>)
- **Childhood obesity has tripled since the ‘80s when America first called out its “War Against Obesity”**
Source: *Childhood Obesity*, US Department of Health and Human Services, Retrieved July 18, 2011, from (http://aspe.hhs.gov/health/reports/child_obesity/)
- **35% of “occasional dieters” progress into pathological dieting, (disordered eating) and as many as 25%, advance to full-blown eating disorders**
Source: *Pathological dieting, precursor to eating disorder*, Philadelphia Eating Disorder Examiner, Retrieved July 18, 2011, from (www.examiner.com/eating-disorder-in-philadelphia/pathological-dieting-precursor-to-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 TRIPLED 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**
Source: *Deadliest Psychiatric Disorder: Anorexia*, WebMed, Retrieved July 18, 2011, from (www.rxlist.com/script/main/art.asp?articlekey=146869)
- **The death rate is worse for those diagnosed with anorexia in their 20s whose at 18 times higher than for healthy people their age**
Source: *Deadliest Psychiatric Disorder: Anorexia*, WebMed, Retrieved July 18, 2011, from (www.rxlist.com/script/main/art.asp?articlekey=146869)
- **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)