



What to Know About Eating Disorders

An estimated 9%
of the U.S. population will
have an eating disorder in
their lifetime

Less than 6%
of people with eating
disorders are medically
diagnosed as
“underweight.”

Only 1 in 5
adolescents with an
eating disorder seek the
help they deserve



Learn more at anad.org

They do not discriminate.

Eating disorders affect people of every age, race, size, gender identity, sexual orientation and background.

There are many different types.

Eating disorders are illnesses in which people experience severe disturbances in their eating behaviors and related thoughts and emotions. All eating concerns deserve to be addressed.

Healing is possible.

We believe people heal better when they know they're not alone. ANAD is a free peer support community that is here to help anyone struggling with an eating disorder.

Sources: Deloitte Access Economics, Journal of Adolescent Health, Eating Disorders Journal of Treatment and Prevention, JAMA Psychiatry