

**MYTH
BUSTING!**

For each statement, try and guess if this is **true** or **false**:

Eating disorders only impact young people.

**MYTH
BUSTING!**

For each statement, try and guess if this is **true** or **false**:

FALSE



Eating disorders only impact young people.

False - eating disorders can impact anyone of any age.

**MYTH
BUSTING!**

For each statement, try and guess if this is **true** or **false**:

The majority of people diagnosed with eating disorders are female.

**MYTH
BUSTING!**

For each statement, try and guess if this is **true** or **false**:

TRUE



The majority of people diagnosed with eating disorders are female.

True - most people diagnosed with an eating disorder are female. **HOWEVER**, there may be under-diagnosis in men.

**MYTH
BUSTING!**

*For each statement, try and guess if this is **true** or **false**:*

Approximately 25% of people diagnosed with eating disorders are male.

**MYTH
BUSTING!**

For each statement, try and guess if this is *true* or *false*:

TRUE



Approximately 25% of people diagnosed with eating disorders are male.

True. **HOWEVER**, there may be under-diagnosis in men, and so more men than statistics show might have ED symptoms.

**MYTH
BUSTING!**

*For each statement, try and guess if this is **true** or **false**:*

Black individuals are significantly less likely to experience eating disorder symptoms.

**MYTH
BUSTING!**

For each statement, try and guess if this is **true** or **false**:

FALSE



Black individuals are significantly less likely to experience eating disorder symptoms.

False - although black individuals may be less likely to be diagnosed with an eating disorder / receive treatment.

**MYTH
BUSTING!**

For each statement, try and guess if this is **true** or **false**:

Studies show that BAME individuals are less likely to be asked about ED symptoms.

**MYTH
BUSTING!**

For each statement, try and guess if this is **true** or **false**:

TRUE



Studies show that BAME individuals are less likely to be asked about ED symptoms.

True - e.g. Becker et al. (2003) found that BAME individuals were less likely to be asked about ED symptoms by doctors.

**MYTH
BUSTING!**

*For each statement, try and guess if this is **true** or **false**:*

Research shows nearly 9 in 10 LGBTQ+ youth are dissatisfied with their body.

**MYTH
BUSTING!**

For each statement, try and guess if this is **true** or **false**:

TRUE



Research shows nearly 9 in 10 LGBTQ+ youth are dissatisfied with their body.

True - research by The Trevor Project (2023) found that 87% (nearly 9 in 10) LGBTQ+ youth experience body dissatisfaction.

**MYTH
BUSTING!**

For each statement, try and guess if this is **true** or **false**:

Trans individuals only use ED behaviours to change their body to reflect their desired gender.

**MYTH
BUSTING!**

For each statement, try and guess if this is **true** or **false**:

FALSE



Trans individuals only use ED behaviours to change their body to reflect their desired gender.

False - although this might be part of the experience of transgender individuals, it is certainly not the only factor related to ED behaviours. EDs are complex and have multiple risk factors and layers.

The Facts...

- Eating disorders (EDs) are **complex mental health disorders**.
- **Experience of an ED is individual** - how one person experiences an ED may differ from another.
- The **most commonly diagnosed ED is Other Specified Feeding or Eating Disorder (OSFED)** (about 47% of cases) (Beat, 2023).
- **25% of people diagnosed with an ED are male** (Beat, 2023). However, due to several factors such as clinicians' biases, lower help-seeking amongst men, and feminisation of EDs in the media, research and diagnostic criteria, EDs may be **underdiagnosed in men** (Murray et al., 2019; Sangha et al., 2019).
- Studies show that people from **LGBTQ+ communities** may be more at risk of developing an **eating disorder, using eating disorder behaviours and/or body dissatisfaction** (Nagata, Ganson and Austin, 2020; The Trevor Project, 2023).

**EATING DISORDERS DON'T
DISCRIMINATE**

The Facts Continued...

- People diagnosed with an ED can be **any shape or size**. There can be **any race or gender**, and come from a **variety of social and economical backgrounds**.
- Research by Goeree, Ham and Iorio (2011) explored self-reported bulimic tendencies and symptoms in the US. Here, they found that **black girls were significantly more likely to engage in bulimic behaviours**. However, when it came to the point of diagnosis this was more likely to match the eating disorder stereotype with **white individuals being more likely to be diagnosed**.
- An ED can have many underlying causes, some of which might relate to dealing with **trauma** or someone's **way of coping with the world**. Concordantly, individuals from **marginalised groups** who experience **discrimination, stigma and other stressors** could be more at risk of developing an eating disorder.

**EATING DISORDERS DON'T
DISCRIMINATE**

References:

- Beat (2021) Statistics for journals. Available at: <https://www.beateatingdisorders.org.uk/media-centre/eating-disorder-statistics> (Accessed: 10 May 2023).
- Becker, A. E., Franko, D. L., Speck, A., and Herzog, D. B. (2003) 'Ethnicity and differential access to care for eating disorder symptoms,' *International Journal of Eating Disorders*, 33(2), pp.205-212. DOI:10.1002/eat.10129.
- Goeree, M. S., Ham, J. C., and Iorio, D. (2011) 'Race, social class, and bulimia nervosa,' Working Paper, No. 86, University of Zurich, Department of Economics, Zurich, DOI:10.5167/uzh-64072.
- Murray, S. B., Nagata, J. M., Griffiths, S., Calzo, J. P., Brown, T. A., Mitchison, D., . . . Mond, J. M. (2017) 'The enigma of male eating disorders: A critical review and synthesis', *Clinical Psychology Review*, 57, pp.1–11, DOI:10.1016/j.cpr.2017.08.001.
- Nagata, J. M., Ganson, K. T., and Austin, S. B. (2020) 'Emerging trends in eating disorders among sexual and gender minorities,' *Current Opinion in Psychiatry*, 33(6), pp.562-567, DOI:10.1097/YCO.0000000000000645.
- Sangha, S. Oliffe, J. L., Kelly, M. T., and McCuaig, F. (2019) 'Eating disorders in males: How primary care providers can improve recognition, diagnosis, and treatment', *American Journal of Men's Health*, DOI:10.1177/1557988319857424.
- The Trevor Project (2023) 'LGBTQ Youth and Body Dissatisfaction'. Retrieved February 6, 2023 from <https://www.thetrevorproject.org/research-briefs/lgbtq-youth-and-body-dissatisfaction-jan-2023/>