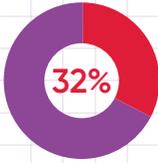


Fact Sheet



PEOPLE FACE STIGMA AND MISUNDERSTANDING EVERY DAY.

32% of people feel stigmatised or discriminated against at work because of their eating disorder.



On average it takes **27 WEEKS** for eating disorder treatment to start after the first visit to a GP.



THERE ISN'T ENOUGH INVESTMENT IN RESEARCH.

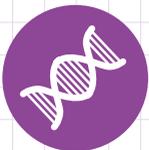
96p on eating disorder research per person affected vs **£228** on cancer.



Eating disorders don't only affect females. Up to **25%** diagnosed with anorexia or bulimia are male and **40%** for binge eating disorder.

What causes them?

Eating disorders are complex and there is no one single cause. We're still learning more but their development is likely a combination of **genetic, biological, psychological, social and environmental factors.**



Eating disorders are not about food. Instead, eating disorder behaviours are a way of coping or feeling in control.

The Difference Your Fundraising Makes

Each year we support tens of thousands of people and their loved ones on their journeys towards recovery from an eating disorder. Your donations and fundraising efforts make this possible – we simply couldn't do it without you.

Thanks to you, anyone who is worried about themselves or a loved one can contact our Helpline services 365 days a year, so no one has to face an eating disorder alone.

Thanks to you, going to the doctor about eating disorder symptoms isn't so scary because people know that help and recovery is possible.

Thanks to you, family members and friends know how to support their loved one's recovery and can receive support themselves.

£25 could help pay for information and posters to be displayed in schools and universities.

£48 could help us answer three telephone calls to support those reaching out to speak about their eating disorder for the very first time.

£140 could help us host ten of our online support groups, providing a friendly, safe and welcoming space where people can chat with others who understand what they're going through.