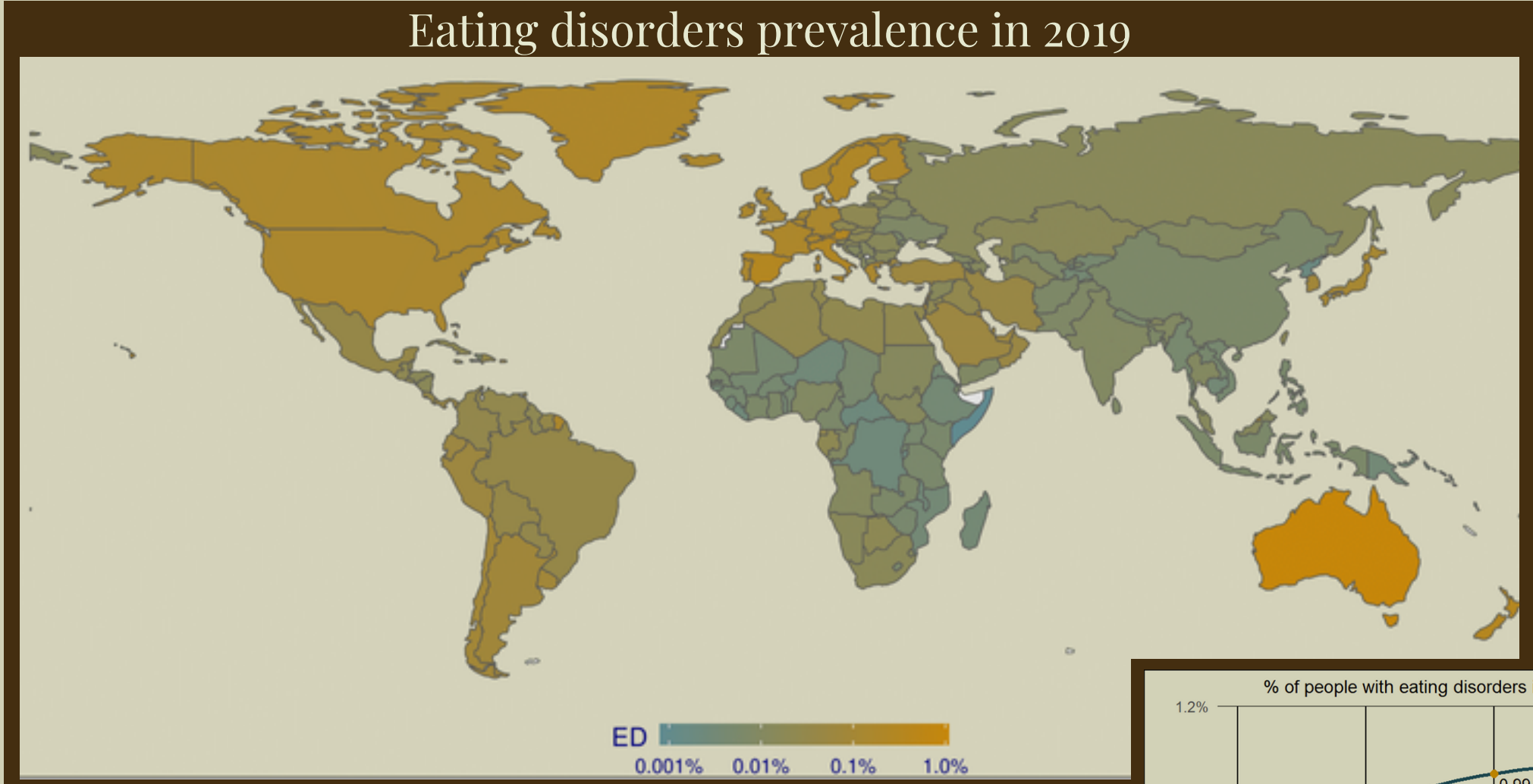
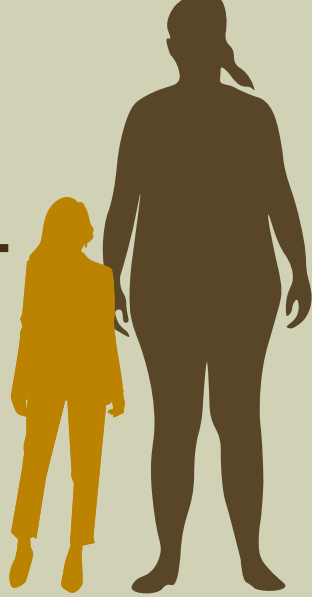


Eating Disorders

Barbara Seweryn Zuzanna Sienko Katarzyna Rogalska



<https://ourworldindata.org/grapher/eating-disorders-prevalence?tab=table>

Highest prevalence

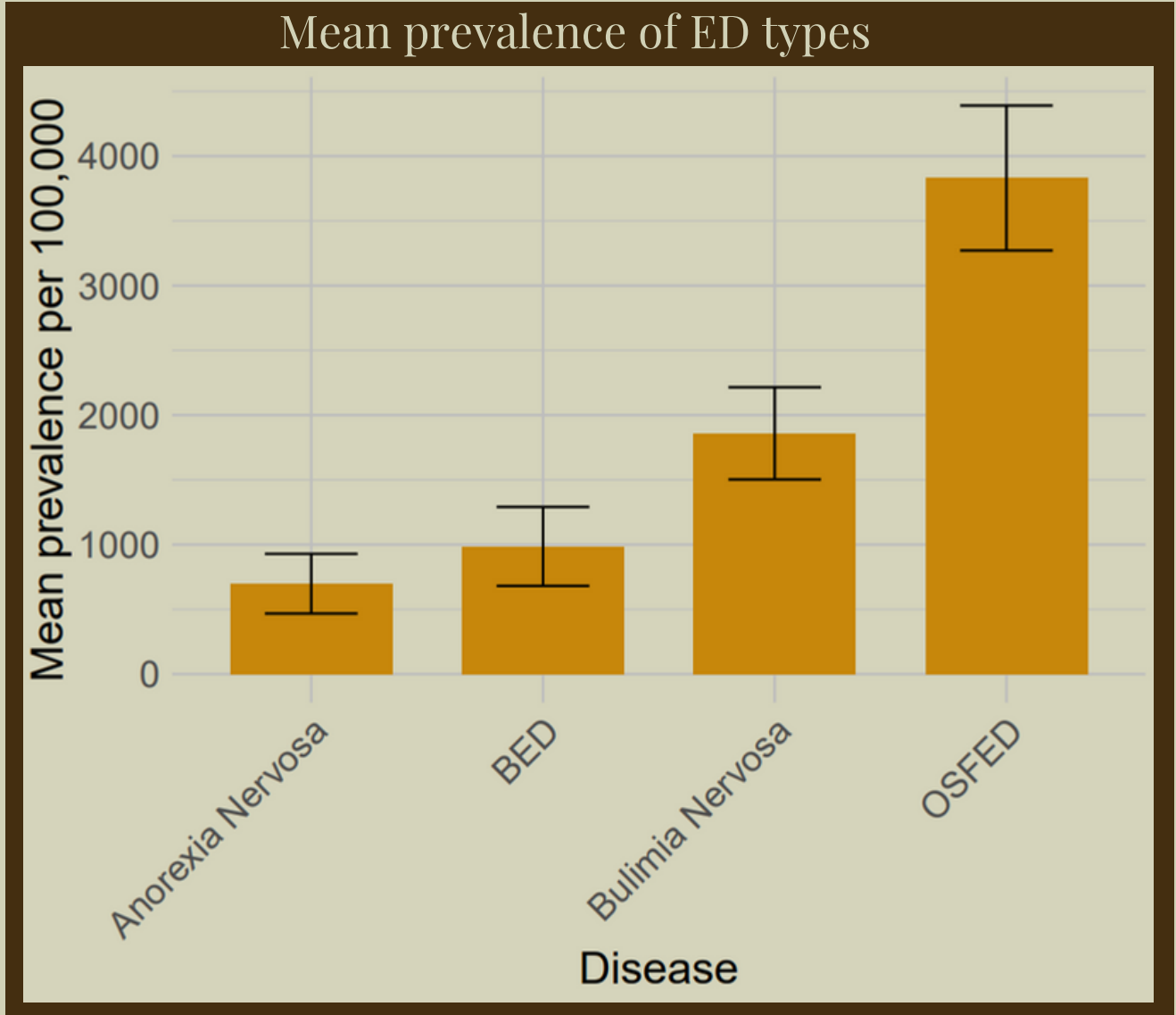
Why is the prevalence in Australia so high? One of the reasons is **shame**. According to Butterfly foundation 25% of Australians believe that eating disorder is a choice and weakness. Other of many reasons are financial barriers and the lack of knowledge about help resources.

What are the statistics nowadays?

The number of people with EDs in Australia has been growing since 1990. According to the Butterfly Foundation **in 2022 4% of the population** struggled with ED in Australia and only 23.2% of them seek professional help. What's more According to the National ED Collaboration reports, **only 1/3 of people** with eating disorders **get the right treatment** for their illness.

Types and evolving trends

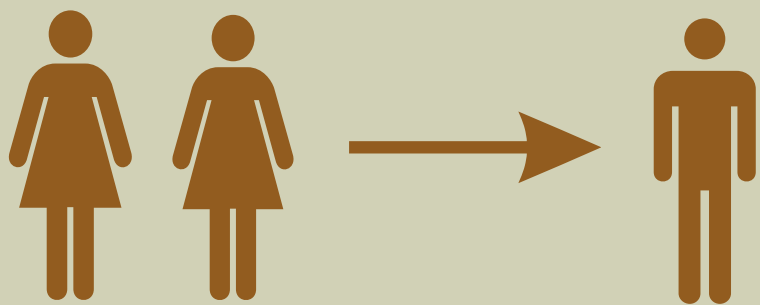
Eating disorders are often synonymously associated with anorexia and bulimia. However, our research indicates that these conditions are actually less prevalent compared to other eating disorders. **The most common eating disorders globally are now identified as OSFED (Other Specified Feeding or Eating Disorder) and BED (Binge Eating Disorder).** When the symptoms don't match any of the well known diseases the diagnosis of OSFED is given.



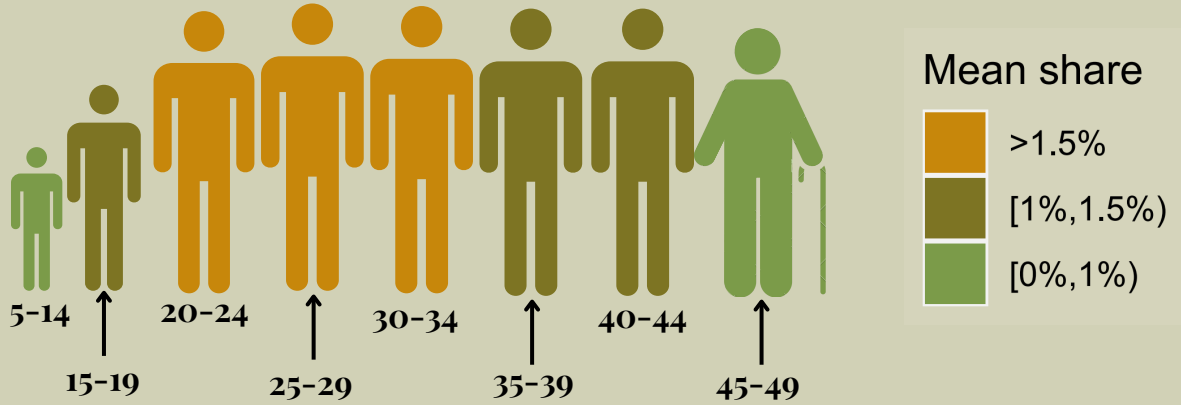
The hidden burden of eating disorders: an extension of estimates from the Global Burden of Disease Study 2019
Damian F Santomauro, Sarah Melen, Deborah Mitchison

Women to men ratio

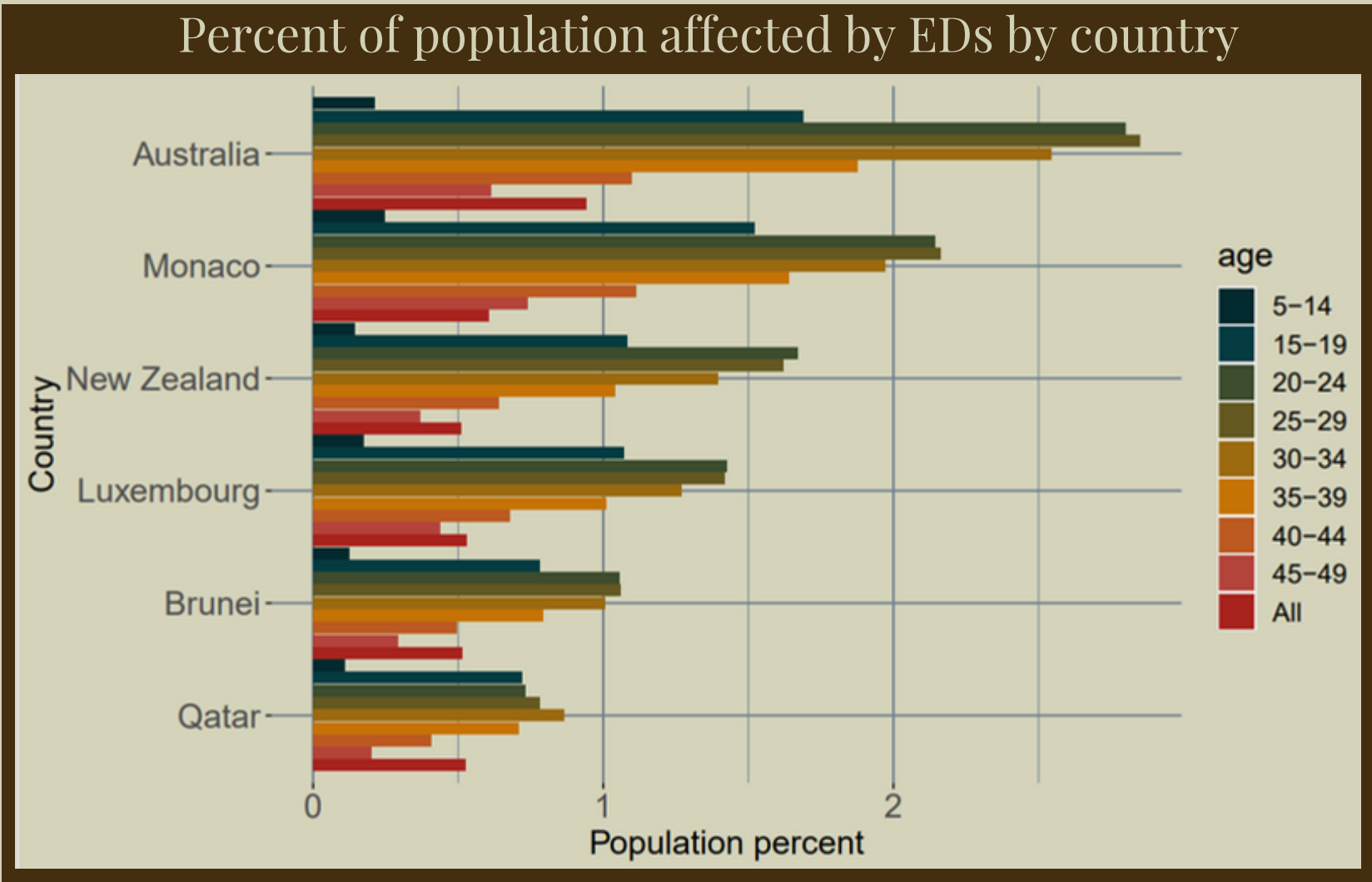
Contrary to the common belief that eating disorders are mainly a concern for women, statistics show that a ratio of women to men is about **2.09 to 1**. This is a reminder that **these disorders are not strictly confined to one gender**. The heightened scrutiny over women's appearances in society may lead to the misconception that they are more prone to eating disorders. However, these statistics show that eating disorders are **widespread in both genders**.



How early does an eating disorder start?



The illustration above visualises share of world population of each age group which suffers from **Anorexia Nervosa** or **Bulimia Nervosa** in **2019**. The highest share of 1.65% appears in the group between 25 and 29 y.o. The chart below shows shares of population suffering from the same disorders in **2019** in same age groups in the 6 countries with the highest share of people with those diseases. The country with the highest values in almost every age group is **Australia**. As we can observe the problem starts very early and the group **between 15 and 19 years** in all shown counties has a shockingly high value. Another interesting fact is how high prevalence of EDs is in very wealthy countries such as **Monaco**, ranking right below Australia.



<https://shorturl.at/wzjKtU>

If you're struggling with eating disorders, know that support is available. Reach out to local organizations dedicated to helping those facing similar challenges; they offer guidance, resources, and a community to remind you that you're not alone in your journey.