

# Eating Disorders Count:

We Need Eating Disorders Included in Our Nation's Health Monitoring Systems

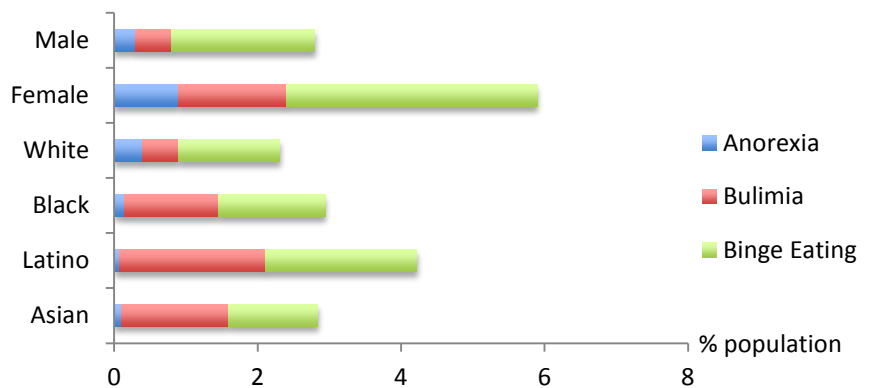
## Eating disorders are common and affect all communities

>30 million Americans experience an eating disorder in their lifetime

Only 1 in 3 receive care



### Lifetime prevalence of eating disorders in the US



One of CDC's most important responsibilities is to monitor the health of all Americans to:



Detect outbreaks of infections like Zika



Track rising rates of illness, like opioid addiction



Find key connections, like between smoking and lung cancer



Assess if public health programs are succeeding, like for maternal health



Identify communities in need to target resources and services appropriately

### EATING DISORDERS ARE NOT MONITORED

- ⊘ In 2015, CDC **removed** eating disorders questions from the Youth Risk Behavior Surveillance System.
- ⊘ Currently, **none** of the 12+ national CDC surveys – with 100s of questions each – ask about eating disorders or symptoms.
- ⊘ **NO** national CDC surveys have ever asked about the most prevalent eating disorder – binge eating disorder – or the highly affected American Indian community.

**We recommend eating disorder questions be included in the following surveys:**

- Youth Risk Behavior Surveillance System
- National Health & Nutrition Examination Survey
- National Health Interview Survey

### Monitoring eating disorders is critical to answer urgent questions

- Learn early signs and symptoms before someone develops an eating disorder
- Identify regions or communities that are harder hit by eating disorders and need more public health programs and healthcare services
- Discover if we are missing affected groups, like veterans or kids with disabilities, who need specialized prevention efforts and treatment access

# Eating disorders are harmful to health and the most fatal psychiatric disorder, but we need more data to know how to help



## WHAT YOU CAN DO

**Advocate adding eating disorder questions to the CDC's health monitoring systems.**

Some of the nation's leading researchers on eating disorders have identified which types of behaviors and communities need to be better monitored to improve the nation's health.

### WE RECOMMEND MONITORING:

- ✓ Extreme dieting or fasting
- ✓ Loss of control eating
- ✓ Abuse of diet pills
- ✓ Abuse of laxatives
- ✓ Abuse of muscle-building drugs
- ✓ Self-induced vomiting
- ✓ Dangerous use of diuretics
- ★ Binge eating
- ★ American Indian communities
- ★ Boys' and men's health
- ★ Veterans & military service members

★ Indicates a neglected topic needing special focus

## References

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**STRIPED**

Strategic Training Initiative for the Prevention of Eating Disorders

A PUBLIC HEALTH  
INCUBATOR



National Eating Disorders Association

