

Fact Sheet:

Eating disorders in LGBTQ+ youth

Eating Disorders

28.8 million, or **9% of all Americans** will suffer an eating disorder (ED) in their lifetimes ¹

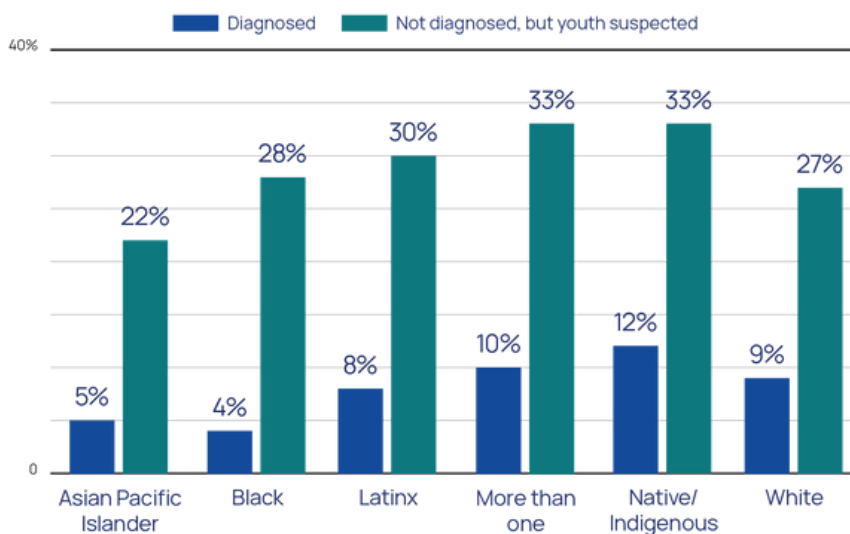
EDs have the **2nd highest mortality rate** of any mental health condition, with one death every 52 mins ¹

ED care is some of the most expensive mental health care, costing U.S. families and employers **almost \$65B each year** ²



Of LGBTQ+ youth, **9% are diagnosed** and **an additional 29% suspect they have an ED** ³

Racial disparities in ED diagnosis prevail among LGBTQ+ youth ⁴



Indigenous and Multiracial LGBTQ+ youth reported the **highest rates of ED diagnosis**, with an additional 1/3 of each group suspecting an ED

Black LGBTQ+ youth are **diagnosed at half the rate** of White LGBTQ+ youth, despite sharing similar rates of ED suspicion

EDs' impact on suicidality

LGBTQ+ youth diagnosed with an ED are **4x more likely to attempt suicide**

than LGBTQ+ youth who never had or suspected they had an ED ⁵

Transgender & nonbinary youth at even higher risk for EDs ⁶

Trans and nonbinary individuals also engage in **disordered eating as a way to mitigate gender dysphoria**

- Transmasculine individuals to suppress breast growth, reduce hips, and eliminate menstruation
- Transfeminine individuals to achieve an idealized feminine appearance
- Nonbinary individuals in pursuit of an androgenous thin ideal

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Sources

- 1 Arcelus, J. et al. “Mortality rates in patients with anorexia nervosa and other eating disorders. A meta-analysis of 36 studies.” Archives of general psychiatry 68,7 (2011): 724-31.
- 2 [Economic Costs of Eating Disorders Report - STRIPED - Harvard T.H. Chan School of Public Health](#)
- 3 [Eating Disorders among LGBTQ youth - The Trevor Project](#)
- 4 [National Survey on LGBTQ Youth 2021 - The Trevor Project](#)
- 5 Johns, M. M. et al. (2020). Trends in violence victimization and suicide risk by sexual identity among high school students—Youth risk behavior survey, United States, 2015–2019. MMWR Morbidity and Mortality Weekly Report, 79(Suppl-1), 19–27.
- 6 Parker, L. L., & Harriger, J. A. (2020). Eating disorders and disordered eating behaviors in the LGBT population: a review of the literature. Journal of Eating Disorders, 8(1), 1-20.