

EATING DISORDER FACTS & FIGURES



EDs are **serious** but
treatable mental illnesses

2.7 MILLION

people in Canada are
impacted by
eating disorders

EDs are influenced by
both **genetic** and
environmental (e.g.
pressure to be thin,
trauma, etc.) factors

EDs have the
highest mortality
rate of any mental
illness (**10-15%**)



EDs can cause
debilitating
physical and
mental health
effects



Eating disorders can
affect **anyone** regardless
of gender, age, racial and
ethnic identity, sexual
orientation or
socio-economic
background

Spikes in ED-related
emergency room visits
and hospital
admissions have been
observed during the
COVID-19 pandemic



Only
10%
of people struggling with
disordered eating ever receive
appropriate treatment

50%

of people with EDs
also meet the
criteria for
depression

1.4 MILLION

Canadians affected by
eating disorders
are youth

NIED
NATIONAL INITIATIVE FOR
EATING DISORDERS