

# THE REALITY OF EATING DISORDERS



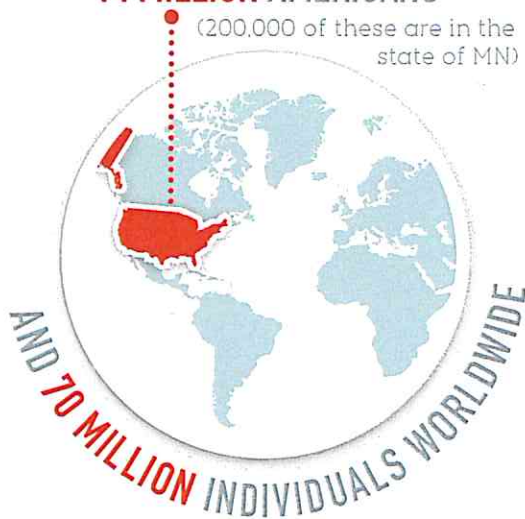
The Emily Program  
FOUNDATION



**1 IN 5 WOMEN**  
struggle with an  
**EATING DISORDER**  
or disordered eating.

**90%**  
of those are  
between  
the ages of  
**12 AND 25**

Eating disorders affect over  
**14 MILLION AMERICANS**  
(200,000 of these are in the  
state of MN)

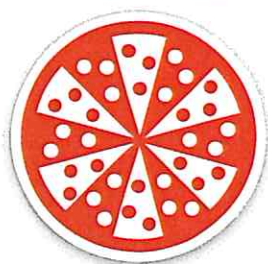


The overall  
**SOCIO-ECONOMIC COST**  
of eating disorders is over

**£1 BILLION** IN THE  
U.K.  
(over 2 trillion USD)

Americans spend over  
**\$40 BILLION**  
on dieting &  
diet-related products / year

Girls who diet frequently are



**12 TIMES**  
**AS LIKELY**  
**TO BINGE**  
as girls  
who  
don't diet

**MEN CONSTITUTE 40%**  
of those exhibiting  
**BINGE EATING DISORDER**

The most  
common behavior  
that will lead to an  
**EATING DISORDER IS DIETING**



**25% OF AMERICAN MEN &**  
**45% OF AMERICAN WOMEN**  
are on a diet on any given day

**52% OF FEMALES** & **20% OF MALES**  
in MN high schools  
**FAST OR SKIP MEALS**  
to control weight



**OF 1<sup>ST</sup>-3<sup>RD</sup>**  
**GRADE GIRLS**  
want to be thinner



**OF 10 YEAR OLDS**  
are afraid of  
**BEING FAT**

Anorexia has the  
**HIGHEST**  
**MORTALITY RATE**  
of any  
**MENTAL ILLNESS**



Eating disorders are a mental  
illness, they are not a choice



**FOUR OUT OF TEN**  
individuals have either  
personally experienced an  
eating disorder or know  
someone who has

# Together we can make a difference

## Serving the community

We envision a world without stigma and misconceptions about eating disorders and disordered eating. We will be the catalyst in shaping new, informed conversations through advocacy, social outreach, and collaborations with community partners.

- We are affecting policy
- We are improving access to care
- We are raising awareness
- We are educating
- We are supporting Friends and Family
- We are promoting hope

## Turning up the volume on eating disorder related issues

The more we talk, the more people will hear about the life-threatening effects of eating disorders and the obstacles to recovery. We're meeting with policy makers in Minnesota and Washington D.C., sharing real-life stories of how eating disorders impact individuals, families, and communities. Talking about the issues helps lessen the shame and stigma associated with eating disorders, motivating policy makers and others to get involved and be voices in their own communities.

The Emily Program Foundation voice is being heard through participation as:

Board Member, Eating Disorders Coalition  
Member, Governor Dayton Mental Health Advisory Council  
Member, Academy for Eating Disorders  
Member, Human Rights Committee, Mount Olivet Rolling Acres  
Board Member, Barbara Schneider Foundation  
Member, Minnesota Mental Health Legislative Network

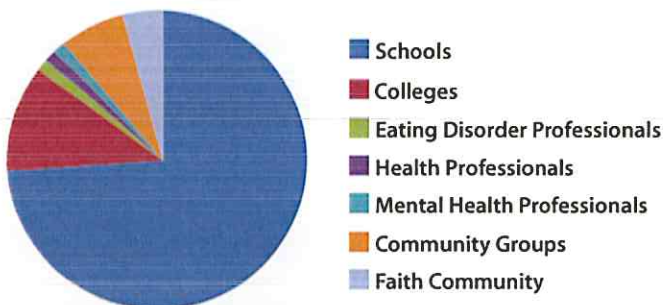
The Emily Program Foundation continues to be a driving force behind efforts to ensure that eating disorders are included in the benefit package when the Affordable Care Act goes into effect.

## Friends and Family

We know that families do not cause eating disorders. We also know that eating disorders cause pain, fear, anxiety, frustration, and disruption in the lives of a loved one. And we know that you want to support your loved one. That's why we offer family-focused groups—we're here to help support families in our community.

## Education outreach in our community

Using classroom talks, seminars for professionals, community workshops, and other forums, The Emily Program Foundation increases awareness and facilitates effective interventions for eating disorders, obesity, and body image problems among adults and young people.



## What can you do...

Your support is greatly appreciated as we work to foster a world without stigma about eating disorders and disordered eating.

- Make a financial gift
  - cash gifts
  - gifts of securities
  - make a pledge/monthly giving
  - memorial
- Host a party/event
- Volunteer

The Emily Program Foundation is on a mission to save lives, change minds, and work to eliminate eating disorders.

For more information, visit our website at [emilyprogramfoundation.org](http://emilyprogramfoundation.org) or call 651-379-6134.

  
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