Canadian Eating Disorder Statistics

• Affect 10x more women than men (Stats Canada, 2012)

• Of those diagnosed with anorexia nervosa or bulimia nervosa, approximately 90% are female (Stats Canada, 2012)

• Of those diagnosed with anorexia nervosa, 50% develop bulimic tendencies within the first 5 years of diagnoses, and 20-30% attempt suicide (Stats Canada, 2012)

• At any given time, 70% of Canadian women and 35% of Canadian men are dieting (Canadian Mental Health Association (CMHA), 2013)

• Of any mental illness, eating disorders have the highest mortality rate, with 10-20% eventually dying from complications (CMHA, 2013)

• Children learn about dieting and thinness from a young age—in a study of 5 year old girls, a significant proportion associated dieting and restrictions with thinness and weight-loss (nEDic, 2012)

• More than ½ of girls and 1/3 of boys engage in unhealthy weight control and eating behaviours (nEDic, 2012)

• Females participating in esthetic sports (ie: dance, gymnastics, figure skating) or increased competitive sports are more likely to engage in negative eating behaviours or disordered eating. (nEDic, 2012)

• Approximately 3% of women will be affected by an eating disorder in their lifetime. (Public Health Agency of Canada, 2011)

• Anorexic individuals are more susceptible to major depression, anxiety, or alcoholism during their disorder or after treatment (PHAC, 2011)

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