

Men and Eating Disorders Fast Facts

- Approximately 10% of eating disordered individuals coming to the attention of mental health professionals are male.
- There is a broad consensus that eating disorders in males are clinically similar to, if not indistinguishable from, eating disorders in females.
- Based on a study of 226 college students (98 male and 128 female) concerning weight, body shape, dieting and exercise history, researchers found that 26% of the men and 48% of the women described themselves as overweight.
- A national survey indicated that 41% of men are dissatisfied with their weight as compared to 55% of women.
- Males with anorexia display a substantial degree of anxiety with regard to sexual activities and relationships.
- Eating disorders in males usually involves a constant competition to stay more defined than other men.
- There are certain risk factors involved in development of an eating disorder that are explicit to men, such as being overweight as a child, being involved in sports that require thinness, cultural expectations among some homosexuals, and professions such as modeling or acting
- Medical professionals believe that many men do not seek treatment out of shame or a feeling that anorexia, bulimia and compulsive eating are “women's disorders.”
- Men can recover from eating disorders, but it is a long process. Relapse is common, and impulses to restrict eating or over exercise can be life-long. Overeaters Anonymous and Anorexia/Bulimia Anonymous can offer support in addition to treatment.



CONCERNED ABOUT YOURSELF OR A FRIEND? WANT TO LEARN MORE?

**Oglethorpe University Counseling Center
Emerson Student Center, Ground Floor
404-364-8456**

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