

WHAT YOU NEED TO KNOW ABOUT EATING DISORDERS IN THE LGBTQ POPULATION

The LGBTQ community's unique experiences can put them at higher risk for eating disorder development

[National Association for Eating Disorders]



Fear of/ experience of adverse consequences

Bullying and/or Violence



Incongruence between sex assigned at birth and gender identity

Homelessness and/or unsafe home environment



In a survey consisting of over 1,000 LGBTQ youth ages 13-24 conducted by the Trevor Project and the National Association for Eating Disorders (NEDA):

54% REPORTED AN EATING DISORDER DIAGNOSIS

71% OF TRANSGENDER INDIVIDUALS WHO IDENTIFIED AS STRAIGHT REPORTED HAVING AN EATING DISORDER - WITH ANOREXIA BEING THE HIGHEST REPORTED

58% OF RESPONDENTS DIAGNOSED WITH AN EATING DISORDER HAVE ALSO CONSIDERED SUICIDE

42% of males with eating disorders identify as gay [National Association for Eating Disorders]

10% of gay males have experienced eating disorder symptoms as compared to 1% of heterosexual males Strong, Williamson, Netemeyer, and Geer (2000)

Be an Ally with Walden Behavioral Care

We are a welcoming community specializing in the treatment of eating disorders for all individuals at all levels of care.

➔ **Include names AND pronouns during introductions**

➔ **Identify gender neutral zones or "safe spaces"**

This can be done with appropriate signage, stickers and/or emblems on bathrooms, doors, website and/or marketing collateral

➔ **Educate yourself!**

➔ **Build an inclusive community of support:**

NEDA found that those feeling connected to the LGBTQ community were less likely to engage in eating disorder behaviors