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What's the No. 1 killer of women in the U.S.?



## Body Image Statistics

From Nikki Katz, Your Guide to Women's Issues.

### Body Image Statistics - Dieting Statistics - Body Type Statistics

Over one person's lifetime, at least 50,000 individuals will die as a direct result of their eating disorder.

**Eating Disorders affect a large number of people in the United States. The statistics state that:**

- Approximately 7 million girls and women struggle with eating disorders
- Approximately 1 million boys and men struggle with eating disorders

**Unfortunately, the media pushes an unnatural body type, making it difficult for us to accept natural beauty:**

- The average American woman is 5'4" tall and weighs 140 pounds
- The average American model is 5'11" tall and weighs 117 pounds
- Most fashion models are thinner than 98% of American women

**Children are influenced by their parents, peers and the media:**

- 42% of elementary school students between the 1st and 3rd grades want to be thinner
- 80% of children who are ten years old are afraid of being fat

**Calorie restriction and other diets are common:**

- 25% of men and 45% of women are on a diet on any given day
- 80% of women are dissatisfied with their appearance
- 51% of 9 and 10 year old girls feel better about themselves if they are on a diet
- 35% of "normal dieters" progress to pathological dieting. Of those, 25% will progress to partial or full syndrome eating disorder.
- 91% of women recently surveyed on a college campus had attempted to control their weight through dieting, 22% dieted "often or "always"
- Americans spend over \$40 billion on dieting and diet related products each year

**The diet industry is a 40 billion dollar industry. This figure is amazing considering 95% of all dieters will regain their lost weight within 1-5 years.**

[Source: The National Eating Disorders Association]

**Other Eating Disorder Resources:**

[Anorexia Resources](#)

[Body Image Resources](#)

[Bulimia Resources](#)

[Pro Anorexia](#)

[Are Eating Disorders Affected By The Media?](#)

**The Eating Disorder Guide:**

[Eating Disorder](#)

[Eating Disorder Definitions](#)

[Eating Disorder Statistics](#)

[Eating Disorder Treatment](#)  
[Eating Disorder - Helping Others](#)  
[Eating Disorder - Share Your Experience](#)

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