

13.4% girls, 7.1% boys engage in disordered eating

#### Anorexia Nervosa

- Lifetime prevalence 0.5% of females and is 10 times more frequent in women than in men
- Peak years 15-19
- Increase in early onset (8-13)
- Prognosis:
  - 50-70% of adolescents with anorexia nervosa recover
  - 20% improve but have residual symptoms
  - 10-20% develop chronic illness
- Prognosis improves if treated in first 3 years and age of onset <19 y.o.
- 10-50% will *crossover* to bulimic symptoms
- 42% relapse after 1<sup>st</sup> hospitalization
- Time to recover 57-79 months
- Mortality 5-20%, primarily from cardiac arrest or suicide
  - Highest mortality of all psychiatric disorders

#### Bulimia Nervosa

- Lifetime prevalence 1-3% of women, 0.1-0.3% of men in the U.S.
- Most common among females between age 15 and 25
- 50-70% recover
  - 30% improve with partial symptoms
  - 20% continue to meet full criteria for BN
- 30-85% relapse
- 25-33% have history of AN
- Typically 5 years elapse between onset of illness and treatment
- Earlier the onset, better outcomes for recovery
- 25-30% spontaneous improvement without treatment

Rates of eating disorders among minority women are rising

- 1-4% non-caucasian