

# Eating Disorders in Canada

## We Can Do Better, We Must Do Better

- An estimated 1 million Canadians would meet the diagnostic criteria for an Eating Disorder
- Eating Disorders have the highest death rate of any mental illness; 1 in 10 people with Eating Disorders die from their disorder
- Suicide is a major cause of death among individuals with Eating Disorders
- Eating Disorders are serious mental illnesses associated with significant medical complications that affect every organ system in the body
- Canadian doctors, including those in training, feel unprepared to treat patients with Eating Disorders
- Many people with an Eating Disorder never get diagnosed, and suffer significant personal and family distress
- Eating Disorders are not a choice. They affect all genders, ages, racial and ethnic identities, sexual orientations and socio-economic backgrounds
- More than 1 in 5 Canadian teenagers are on a diet at any one time, putting them at risk for an Eating Disorder
- The provincial costs associated with patients who have anorexia nervosa and are on long-term disability may be as high at \$101.7 million/year - 30 times the cost of all provincial specialized Eating Disorder services
- Too many Canadians suffering from Eating Disorders do not have reasonable access to timely, comprehensive and specialized
- Early detection and intervention can result in full recovery from an Eating Disorder

