

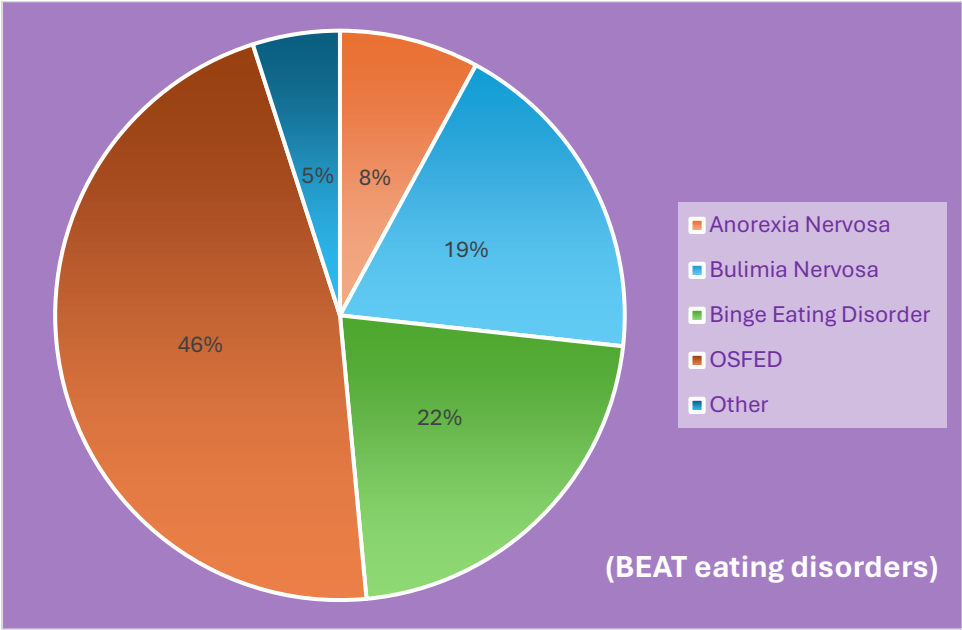
Eating Disorders – Key Facts and Figures

At least 1.25 million people in the UK are estimated to have an eating disorder. (BEAT)
All ages, genders, sexual orientations, ethnicities, and geographies are affected.

DEMOGRAPHICS

AGE AT ONSET	GENDER	SEXUAL ORIENTATION	ETHNICITY	GEOGRAPHY
Eating disorders can develop at any age, but the risk of onset is highest for adolescents and young adults.	While much more common in girls and women, estimates suggest men account for up to 25% of eating disorder cases, depending on the country.	Risk factors like discrimination, fear of not being accepted, distress over body image, internalised shame and stigma can make LGBTQ+ people more vulnerable to mental health illnesses including eating disorders.	Research highlights that despite similar or perhaps increased rates, minority ethnic groups, are less likely to seek help, receive a diagnosis / treatment for an eating disorder or be referred to specialist services.	Global epidemiological data consistently shows a strong, positive correlation between eating disorders and a country's wealth and social development levels.
(NHS DIGITAL)	(BEAT eating disorders)	(BEAT eating disorders)	(Tuomainen et al 2024)	(Shen at al. 2025)

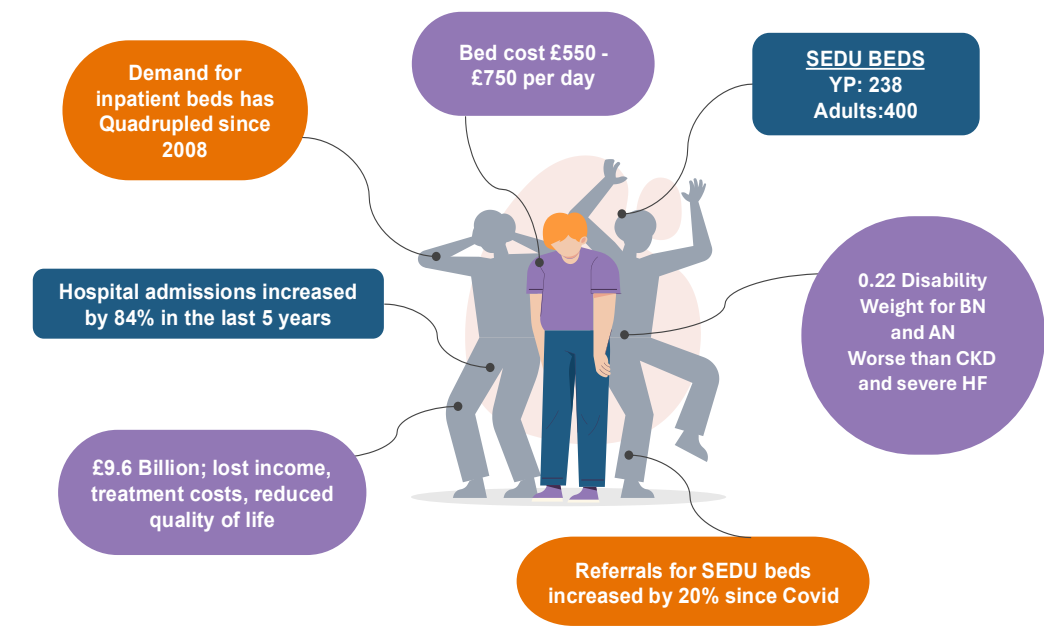
DISEASE DISTRIBUTION



INFORMATION SOURCES

- NHS digital. Mental health of Children and Young people. 2023. Part 5. Eating problems and disorders.
- BEAT eating disorders <https://www.beateatingdisorders.org.uk>
- Tuomainen H, McGowan R, Williams-Ridgway A, et al. Protocol for a scoping review to identify research reporting on eating disorders in minority ethnic populations in the UK, Canada, Australia and New Zealand. *BMJ Open* 2024;**14**:e075034. doi: 10.1136/bmjopen-2023-075034
- Shen, Y., Chen, B., Zhang, H. et al. Global, regional, and national burden of eating disorders in 204 countries and territories, 1990–2021/ *Eat Disord* **13**, 290 (2025).
- NICE Clinical Knowledge Summary. Eating disorders; prevalence. Revised 2024.

SOCIAL AND ECONOMIC IMPACT



MORTALITY

- Anorexia nervosa has the highest rate of mortality of all mental health disorders.
 - 10% die within 10 years of developing AN and 20% within 20 years.
 - The most common causes of death are cardiac complications, severe infection, and suicide (20%).
- NICE CKS 2017

How does this relate to T1DE?

There is limited research on the prevalence of T1DE in those with Type 1 Diabetes. Estimates suggest that between 8% and 36% of those with Type 1 Diabetes experience some form of eating disorder.

Those who restrict their insulin have been estimated to have a mortality rate over three times higher than those who do not. Age of death is noticeably lower; an average of 45 years opposed to 58 years for those not restricting their insulin intake.

(Type 1 diabetes and disordered eating: Parliamentary Inquiry. G. Howarth and T. May. January 2024)