

What are eating disorders?

Eating disorders- such as anorexia, bulimia, and binge eating disorder-include extreme emotions, behaviors, and attitudes surrounding weight and food issues.

Anorexia- is characterized by self-starvation and weight loss

Bulimia- is characterized by a cycle of binge eating followed by purging

Binge- is characterized by periods of uncontrolled, impulsive, or continuous eating beyond feeling full.

Risk Factors:

- Low self-esteem
- Depression
- A history of physical, mental, or sexual abuse
- Being a perfectionist
- Feeling a loss of control in one's life
- Hypersensitivity to criticism or defeat
- Experiencing feelings of worthlessness
- Being apart of a marginalized group

How you can help:

- Understand the risk factors and signs of eating disorders so that those who suffer do not go unnoticed.
- Provide education to sports coaches and teams about the risks of extreme exercise and dieting.
- Oppose media images that try to perfect the male body and make others feel insecure.
- Eliminate male stereotypes and stay conscious of your beliefs regarding body image and the treatment of others.

T.H.E. Center for Disordered Eating
OF WESTERN NORTH CAROLINA

T.H.E. Center for Disordered Eating is the only non-profit in Western North Carolina providing treatment, healing, and education for disordered eating.



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Eating Disorders in Males

T.H.E. Center for Disordered Eating
OF WESTERN NORTH CAROLINA



One million men suffer from disordered eating.

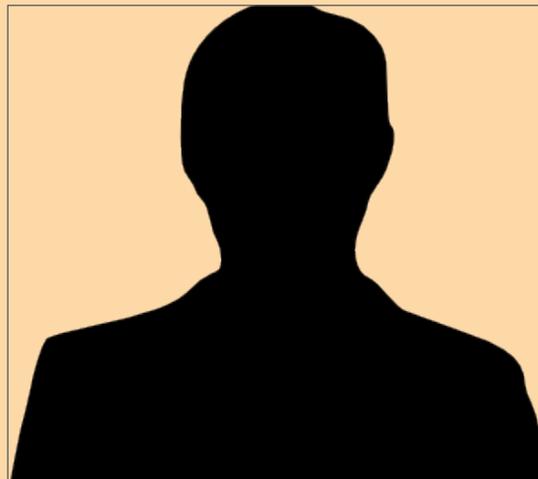
Did you know?

- Approximately 10% of eating disordered individuals coming to the attention of mental health professionals are male. *(Wolf, 1991; Fairburn & Beglin, 1990).*
- Eating disorders in males are clinically similar to eating disorders in females. *(Margo 1987; Schneider & Agras, 1987; Crisp et al., 1986; Vandereycken & Van der Broucke, 1984).*
- An estimated 10-15% of people with anorexia or bulimia are male. *(ANAD, 2012)*
- Men are less likely to seek treatment for eating disorders because of the perception that they are “woman’s diseases.” *(ANAD, 2012)*
- 30% of men smoke to control their weight. *(Psychology Today, 1997)*
- Billions of dollars have been spent on nutritional supplements claiming to burn fat and build muscle.
- American men spend over \$2 billion a year on commercial gym memberships and another \$2 billion on home exercise equipment. *(Pope, Phillips, & Olivardia, 2000)*

Eating disorders do not discriminate between age, race, or gender.

Men in particular:

- Men in certain professions and sports are more likely to developing eating disorders. Body builders, runners, wrestlers, gymnasts, rowers, jockeys, dancers and swimmers are particularly prone to eating disorders because they must maintain a certain weight to enhance their performance.
- Many men develop eating disorders in an attempt to gain weight. Bodybuilding, for example, requires a highly restrictive diet and sometimes over-exercising to achieve muscle mass.
- The media is increasingly sending messages to men regarding diet and the ideal muscular look. Even plastic surgery options for men are increasing, such as pectoral and calf implants.



What is Body Dimorphic Disorder/ BDD?

- BDD is characterized by serious unfounded body image concerns or imagined ugliness.

What is Muscle Dysmorphia/ MD?

- MD is a form of BDD in which muscularity is the main focus.
- Men with MD may take steroids or exercise excessively and compulsively.

What men can do:

- Become media literate and don't buy into the media images that surround you.
- Understand that a lot of those models shown in magazine and television ads have been photoshopped.
- Remember that a large industry gains profit from making you feel insecure about your body.
- Muscles do not define a person and masculinity is not defined by the way that you look.