

# Avalon Centers, Inc.

Eating Disorder Treatment Center

**"A Place to Heal"**

## Body Image Statistics

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### 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 media:**

- ◆ 42% of elementary school students between 1<sup>st</sup> and 3<sup>rd</sup> grades want to be thinner
- ◆ 80% of children what 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 disorders
- ◆ 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