



**NEDA**  
Hope Starts Here.



At NEDA, we believe that recovery is possible with the right help and support. NEDA's programs and services are designed to help individuals and families affected by eating disorders find the help and support they need as well as support the advancement of the field of eating disorders. We believe that there is always hope and are committed to inclusion, empowerment, compassion, and fairness in advancing our mission.

- Eating disorders are serious but treatable mental and physical illnesses that can affect people of all genders, races, religions, ethnicities, sexual orientations, body shapes, and weights.
- 9% of the US population, or 28.8 million Americans will have an eating disorder in their lifetime and every 52 minutes 1 person dies as a direct consequence of an eating disorder.<sup>1</sup>
- Eating disorders have the second highest mortality rate of any psychiatric illness behind opiate addiction.<sup>2</sup>

To learn more visit [nationaleatingdisorders.org](https://www.nationaleatingdisorders.org)

Follow us on social media!



<sup>1</sup> Deloitte Access Economics. The Social and Economic Cost of Eating Disorders in the United States of America: A Report for the Strategic Training Initiative for the Prevention of Eating Disorders and the Academy for Eating Disorders. June 2020. Available at: [www.hsph.harvard.edu/stripped/report-economic-costs-of-eating-disorders/](http://www.hsph.harvard.edu/stripped/report-economic-costs-of-eating-disorders/)

<sup>2</sup> Arcelus, Jon et al. "Mortality rates in patients with anorexia nervosa and other eating disorders. A meta-analysis of 36 studies." Archives of general psychiatry 68.7 (2011): 724-31. <https://doi.org/10.1001/archgenpsychiatry.2011.74>