

Eating Disorders in Diverse Populations

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Eating Disorders Prevalence

Lifetime prevalence

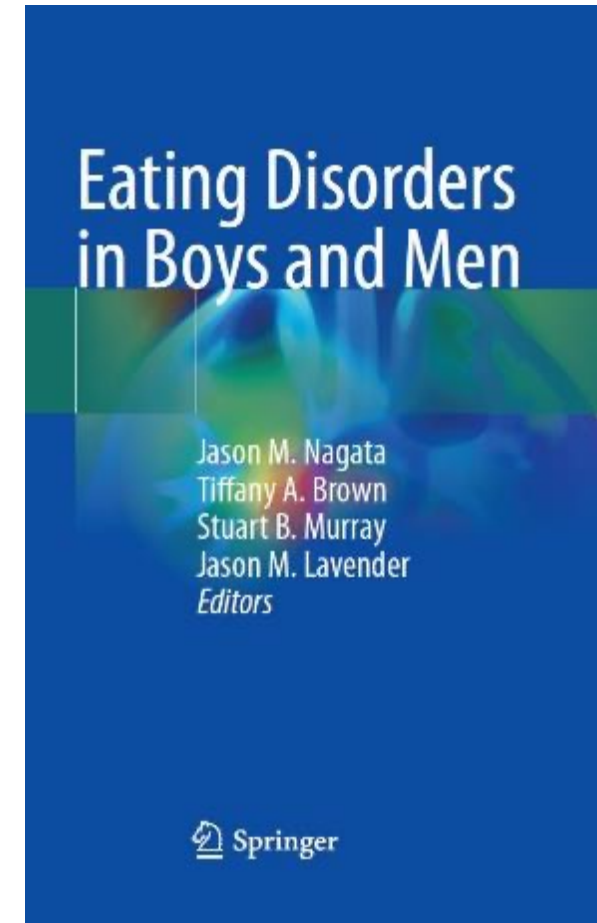
- 28.8 million Americans will have an eating disorder at some point during their lifetime
- 8.6% of females and 4.1% of males

One-year prevalence

- 2.6% of females and 0.7% of males

Eating Disorders in Boys and Men

- Most eating disorder and body image research focused on thinness and weight loss, particularly in females
- The masculine body ideal has become increasingly large and muscular
- 1/3 of teenage boys report trying to gain weight or bulk up
- 22% of young men engage in muscle-building behaviors



Disordered Eating Behaviors for Weight Loss

- Fasting/skipping meals
- Severe restriction of food intake
- Vomiting
- Laxatives
- Diuretics

Muscle-Building Behaviors

- Protein overconsumption
- Dietary restriction
 - Carbohydrates
 - Fats
- Muscle-Building Drugs and Supplements
 - Anabolic-androgenic steroids
 - Androstenedione
 - Creatine
- Excessive or compulsive exercise

Muscle Dysmorphia

- “Bigorexia” or “reverse anorexia”
- Preoccupation with the idea that their body is insufficiently muscular
- Subtype of body dysmorphic disorder in DSM-5 (2013)

Why underrecognized in boys and men?

- Gender stereotypes
- Diagnostic criteria often gendered
 - Loss of periods, focus on thinness
- Screening questions often focus on weight loss
 - Often don't screen for excess exercise, muscle-building behaviors
- Double stigma of eating disorders in boys / men

Eating Disorders in LGBTQ+ Populations

- Stigma, discrimination, stress, barriers to care
- Eating disorders may be secondary to distress transgender individuals experience as part of body dissatisfaction
- Gender norms
 - Masculine: muscularity
 - Feminine: thinness
- Weight loss goals/behaviors
 - Transgender men (assigned female sex at birth) to suppress menses
 - Transgender women (assigned male sex at birth) body image features, thinness ideals

Self-Reported Lifetime Eating Disorder Diagnoses

- Transgender men
 - Lifetime eating disorder diagnosis 10.6%
 - Anorexia nervosa 4.2%
 - Bulimia nervosa 3.2%
 - Binge eating disorder 1.6%
- Transgender women
 - Lifetime eating disorder diagnosis 8.1%
 - Anorexia nervosa 4.1%
 - Bulimia nervosa 2.9%
 - Binge eating disorder 1.8%
- Gender-expansive (non-binary) people
 - Lifetime eating disorder diagnosis 13.8%
 - Anorexia nervosa 6.1%
 - Bulimia nervosa 2.5%
 - Binge eating disorder 2.1%



Racial and Ethnic Minority Populations

- Discrimination, racism
- Barriers to care, especially mental health services
- Immigration and acculturation stress
- Diverse cultural attitudes toward eating, weight, body image

Eating disorders can affect people of all genders, sexual orientations, races, and ethnicities

Important for media to represent diversity in eating disorders

References

- Nagata et al. (2021). [Eating disorders in boys and men](#)
- Nagata et al. (2020). [Eating disorders in adolescent boys and young men: an update](#)
- Nagata et al. (2020). [Emerging trends in eating disorders among sexual and gender minorities](#)
- Rodgers et al. (2018). [Eating disorders in ethnic minorities: an update](#)