

Eating Disorders Awareness Week

Some statistics

Irish Statistics

The Department of Health & Children estimates that:

- Up to 200,000 people in Ireland may be affected by eating disorders.
- An estimated 400 new cases emerge each year, representing 80 deaths annually.

Children and Adolescents: Admissions

According to the Health Research Board (HRB), in 2014:

- Almost 14% of all admissions for under 18s to Irish psychiatric units and hospitals had a primary diagnosis of eating disorders.
 - Females accounted for 93% of all admissions of those affected by eating disorders.
- Health Research Board (HRB) - Activities of Irish Psychiatric Units and Hospitals 2014.*

77% of Irish adolescents ranked body image as being important to them.

57% of the young people surveyed expressed some level of satisfaction with their body image, which means 43% were dissatisfied.

Negative body image is considerably more prevalent among girls than boys.

When asked about what influences their body image, comparison with others ranks as the most negative influence on girls' body image and bullying as the most negative influence on boys' body image.

How We See It: Report of a Survey on Young People's Body Image. Department of Children and Youth Affairs (2012)

71.4% of Irish adolescents feel adversely affected by media portrayal of body weight and shape, with more than a quarter (25.6%) believing it to be far too thin. *McNicholas et al. (2009)*

Self-image was identified as the number one factor that 'hurts' the mental health of Irish teens. *Teenage Mental Health: What Helps and What Hurts.* Department of Children and Youth Affairs (2009)

According to a 2007 study of Irish children and adolescents, 1.2% of Irish girls may be at risk of developing anorexia nervosa, with 2% at risk of developing bulimia nervosa. Source: McNicholas, F. (2007) *Eating Problems in Children and Adolescents.*