

Eating Disorders in Pediatric Patients

- **Atypical Anorexia Nervosa** is one of the most common eating disorders. Research shows that psychological and medical characteristics do not differ between atypical anorexia and traditionally defined anorexia.
- Eating disorder behaviors are typically used to reduce uncomfortable emotions.
- Research shows that about 95% of people with an eating disorder also have a comorbid psychiatric illness. We need to treat both the eating disorder and additional illnesses.
- Less than 6% of people with eating disorders are medically diagnosed as “underweight.”
- Larger body size is both a risk factor for developing an eating disorder and a common outcome for people who struggle with bulimia and binge eating disorder.
- People in larger bodies are **half as likely** as those at a “normal weight” or “underweight” to be diagnosed with an eating disorder.
- Athletes may be less likely to seek treatment for an eating disorder due to stigma, accessibility, and sport-specific barriers.
- Eating disorders are among the deadliest mental illnesses, second only to opioid overdose.
- About 26% of people with eating disorders attempt suicide.

Resources

[Resources for Clinicians from the Harvard Strategic Training Initiative for Pediatric Eating Disorders \(STRIPED\)](#)

[Identification and Management of Eating Disorders in Children and Adolescents](#) from the AAP: *Pediatrics* (2021) 147 (1): e2020040279.

