

# AN EATING DISORDER LOOKS LIKE ME



Eating disorders don't discriminate. The stark reality is they can affect anyone irrespective of age, gender, sexuality, cultural background, or size. Yet there is a common misconception that eating disorders have a specific 'look'. This is something we need your help to change.

**MORE THAN A  
MILLION AUSTRALIANS**

are living with an eating disorder right now, but their struggles may go unseen

**LESS THAN 25%**

of people with an eating disorder seek help

**20% OF  
PEOPLE**

think eating disorders look a certain way but few experience low body weight

Anorexia Nervosa represents

**ONLY 3% OF DIAGNOSED** eating disorders

**90% OF PEOPLE**

don't feel confident they could recognise the signs of an eating disorder

**MORE  
THAN 33%**

of people with eating disorders are male

**25% OF  
AUSTRALIANS**

believe eating disorders are a choice and people could stop if they really wanted to

**57% OF ALL  
AUSTRALIANS**

believe eating disorders mostly affect young girls

**25%  
OF PEOPLE**

perceive disordered eating as a sign of weakness

Mistaken beliefs and stigma can add shame and embarrassment to the challenges for people living with an eating disorder, stopping them seeking the support they urgently need. Help us to tackle these stereotypes head on and challenge the notion that eating disorders have an exclusive appearance.

Source: Butterfly's Community Insights Research report, 2020, and Paying the Price report 2012

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