



Eating Disorder Centre Cork

Dieting and the Drive for Thinness

Do you know the truth about dieting?

- **Body dissatisfaction and the drive for thinness are among the best known contributors to the onset of an eating disorder** (Stice 2002).
- **Over one-half of teenage girls and nearly one third of teenage boys use unhealthy and dangerous weight control behaviours such as skipping meals, fasting, smoking cigarettes, and vomiting.** (Neumark-Sztainer, 2005).
- **Adolescent girls are more likely to use extreme methods with 35-57% engaging in crash dieting, fasting, self-induced vomiting, or diet pills. Overweight girls are more likely than normal weight girls to engage in such extreme dieting** (Boutelle et al., 200; Neumark-Sztainer & Hannan, 2001; Wertheim et al., 2009).
- **Girls who diet frequently are 12 times as likely to binge as girls who don't diet** (Neumark-Sztainer, 2005)
- **Most fashion models are thinner than 98% of 'normal' American women** (Smolak, 1996).
- **95% of all dieters will regain their lost weight in 1-5 years** (Grodstein, Levine, Spencer, Colditz, & Stampfer, 1996; Neumark-Sztainer, Haines, Wall, & Eisenberg, 2007).
- **35% of 'normal' dieters progress to pathological dieting. Of those, 20-25% progress to partial or full blown syndrome eating disorders** (Shisslak & Crago, 1995).
- **Over half of adult women report dieting in order to lose weight** (Neumark-Sztainer et al., 2000).
- **Perhaps half of adolescent girls have dieted at least once and a small minority (perhaps 2%) are constant dieters. Even among clearly non-overweight girls, over 1/3 report dieting** (Boutelle et al., 2002; Field et al., 1999; Wertheim et al., 2009).
- **The U.S. weight loss industry is worth \$50 billion, whilst the IRISH weight loss market is estimated to run into hundreds of millions of euro** (Irish Times.com.- Posted: January 10, 2010)

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