

EATING DISORDERS & SUBSTANCE ABUSE

Multiple studies have demonstrated that many people with eating disorders also struggle with substance abuse, with a particularly significant crossover for those struggling with bulimia or binge eating disorder. Those struggling with both substance abuse and an eating disorder should receive comprehensive treatment from specialists with expertise in both issues.

SUBSTANCE ABUSE AND EATING DISORDERS

The **substances most frequently abused by individuals with eating disorders** or with sub-clinical symptoms of these disorders include:



caffeine



tobacco



alcohol



heroin



cocaine



laxatives/emetics/
diuretics



appetite suppressants
(amphetamines)

SHARED RISK FACTORS

Eating disorders and substance abuse **share a number of common risk factors**, including:¹



brain chemistry



family history



low self-esteem



depression



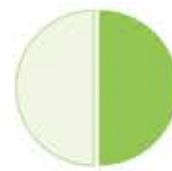
anxiety



social pressures

SIGNIFICANT CO-OCCURRANCE OF EATING DISORDERS AND SUBSTANCE ABUSE

According to the **National Center on Addiction and Substance Abuse**, up to

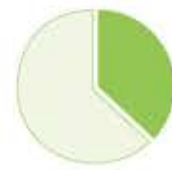


50% OF INDIVIDUALS with eating disorders abused alcohol or illicit drugs, a rate

5X

higher than the general population.¹

According to the **National Center on Addiction and Substance Abuse**, up to



35% OF INDIVIDUALS who abused or were dependent on alcohol or drugs have also had eating disorders, a rate

11X

higher than the general population.¹

PERCENTAGE OF THOSE WITH EATING DISORDERS WHO ABUSE SUBSTANCES^{6,7,8}



27%

ANOREXIA
NERVOSA



23%

BINGE EATING
DISORDER



37%

BULIMIA
NERVOSA

COMPARED TO BULIMIC WOMEN WHO ARE NOT ALSO ALCOHOL-DEPENDENT, BULIMIC WOMEN WHO WERE ALCOHOL-DEPENDENT REPORTED A HIGHER RATE OF:¹

- SUICIDE ATTEMPTS
- ANXIETY
- PERSONALITY & CONDUCT DISORDERS
- OTHER DRUG DEPENDENCE

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