

EATING DISORDERS IN CANADA*

**NEARLY
1 MILLION**

individuals are diagnosed
with an eating disorder at
any given time.

BUT

1 IN 2

report knowing someone
(including themselves) who has
or has had an eating disorder.

MYTHS

91%

think that the media pressures to have 'the perfect body'
drive individuals to develop eating disorders.

40% believe eating disorders
are a **CHOICE**.

89% believe eating
disorders are
preventable...

BUT,

1 IN 3

admit they wouldn't
be able to recognize
the warning signs.

FOR EATING DISORDER FACTS AND HELP VISIT NEDIC.CA

nedic | **30 YEARS**

National Eating Disorder Information Centre

THERE FOR EVERY BODY SINCE 1985

1-866-633-4220

* Ipsos Reid conducted a survey of 1,005 Canadians on behalf of National Eating Disorder Information Centre, University Health Network between November 18 and 21, 2014. The poll is accurate to within +/-3.5 percentage points, 19 times out of 20 and is representative of the Canadian adult population according to Census data.