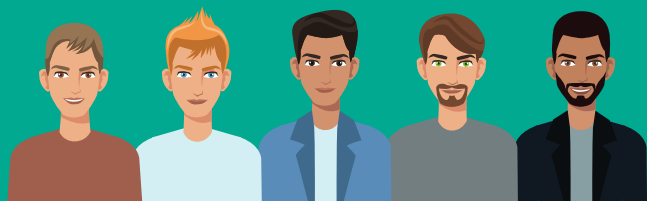


MEN AND EATING DISORDERS



Men also suffer from eating disorders, despite the cultural stigma that eating disorders only affect women. This idea is false and harmful, and leaves men experiencing eating disorders less likely to seek help.

1 in 3 people struggling with an eating disorder is male

25%

of normal weight males perceive themselves to be underweight.

90%

of teenage boys exercised with the goal of bulking up

RISK FACTORS

Men are subject to many of the same risk factors and characteristics as women including:

- Anxiety
- Depression
- Low self-esteem
- Being part of a marginalized group
- Struggling to find their identity



MUSCLE DYSMORPHIA

A condition in which individuals experience dissatisfaction with the muscularity of their bodies and fixate on food intake and muscle building. They continue to work out but feel they will never reach a satisfactory size, and use exercise and food as methods of coping to gain control.

HOW TO BE AN ALLY

- Know the signs and symptoms of an eating disorder so those around you do not suffer unnoticed.
- Fight back against media images that emphasize a sculpted, V-shaped body on men, as well as unrealistic portrayals of the human body via action figures.
- Discourage those who disrespect, devalue, or tease those who do not conform to or fulfill the stereotype of masculinity.
- Be aware of the influence fathers and male role models can have on the beliefs and actions of young men. Help to eliminate the stereotypes by teaching respect for everyone, regardless of their physical appearance.
- Stay conscious of your attitudes and opinions regarding weight, body shape, and judgments you may make about others.

1320 Centre St. Suite 101
Newton, MA 02459

www.MEDAinc.org
www.RECOVERwithMEDA.org

office@medainc.org
(617) 558-1881 • (888) 350-4049



meda
multi·service
eating disorders
association



@RECOVERwithMEDA