

# MALES AND EATING DISORDERS

## YOU ARE NOT ALONE



## DID YOU KNOW ?

**33%** Of all adolescent males use unhealthy weight control behaviours



**37%** Of men who binge eat experience depression



**43%** Of men are dissatisfied with their bodies



### MUSCULARITY IN MEDIA

The muscularity of ideal male body representations has increased from the 1970's to 1990's, presenting a largely unattainable muscular body type.



### LESS LIKELY TO GET HELP

Higher levels of gender role conflict and traditional masculine ideals are associated with negative attitudes toward seeking psychological help.

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The National Institute of Mental Health states that approximately one million men have eating disorders.

(U.S.A., Cohn, L., & Murray, S, 2004)

## LOCAL NUMBER. LOCAL SERVICES.

No referral required. Programs provided free of charge  
Call us toll free. This is not a crisis number

[WWW.BANA.CA](http://WWW.BANA.CA)

**1-855-969-5530**