Eating Disorders in Suffolk

Mental Health JSNA 2018

People with an eating disorder in Suffolk.

Each bubble is a different estimate as studies look at different groups, use different ways to identify people, use various definitions for disorders, and calculate figures differently.

Overall estimates are between 33 and 58 thousand.

As few as 1 in 10 people affected will seek help from health services.

Diagnosis of an eating disorder is highest for boys aged 10–14 and girls aged 15–19. However, children are showing signs at a younger age and eating disorders in older people may be under-diagnosed.

People who are transgender & homosexual are more likely to have an eating disorder. Up to 16% of trans people may be affected.

People with an eating disorder usually have other mental health conditions. Carers, usually family, experience very high levels of stress.