

EATING DISORDER DIAGNOSIS SNAPSHOT 2022

Butterfly Foundation's first BodyKind Youth Survey was conducted in 2022 to better understand the body image experience of young Australians aged 12 to 18 years. In total, 1635 young people responded.

What do young people who have received an eating disorder diagnosis have to say?

Who are they?

184 (11.3%) of survey respondents reported having been diagnosed with an eating disorder.

The majority of those were aged 15-18 years.

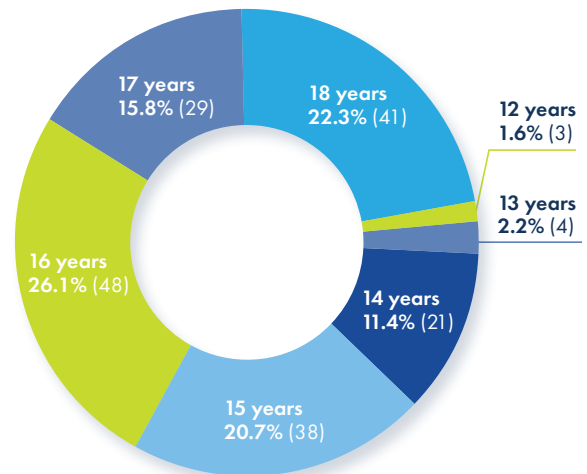


Figure 1. Age distribution of young people diagnosed with an eating disorder (right)

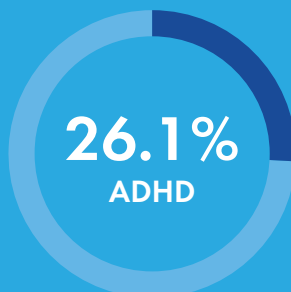
Respondents most frequently identified as:

Female
77.2%

Heterosexual
45.9%

Non-Indigenous
97.2%

Respondents also reported rates of:



Their body image

74.4% 

reported some level of body dissatisfaction.

67.8% 

a significant proportion reported a high level of concern about their body image.

65.4% 

reported a high level of body dissatisfaction.

84.3% 

an overwhelming majority desired to be thinner, **63.5%** desired to be more muscular and **60.4%** taller.

Notably, the proportion of high body dissatisfaction for those having been diagnosed with an eating disorder is more than double the total sample proportion (29.7%).

How much do young people who have received an eating disorder diagnosis appreciate their body?

76.6%

never or rarely speak positively about their body.

58.7%

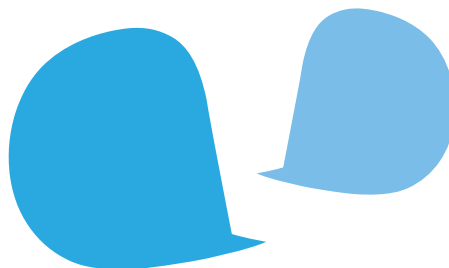
never or rarely talk to someone if they're not feeling good about their body or appearance.

75%

often or always try to value people for their personality and who they are rather than how they look

58.2%

never or rarely feel grateful for what their body allows them to do.



yet **56.5%**

never or rarely spend less time focusing on their appearance to have more time for other things they enjoy.

Young people who have received an eating disorder diagnosis most frequently compare their bodies to:

81.0%

Their friends

86.4%

Other teens

66.3%

Celebrities

64.7%

Influencers on social media

Has body image ever stopped young people with an eating disorder diagnosis from doing certain activities?

Greater life disengagement was reported by young people who have received an eating disorder diagnosis, compared with the total sample proportions.



74.3%

reported a high level of disengagement from going to the beach.



58.5%

reported a high level of disengagement from going to a social event, party or gathering.



64.7%

reported a high level of disengagement from going clothes shopping.



48.7%

reported a high level of disengagement from doing a physical activity/sport.



54.4%

reported a high level of disengagement from giving an opinion or standing up for themselves.



4 in 10

reported body image affected their willingness to raise their hand in the classroom quite a bit or all the time,

while **56.3%** reported their body image impacting their ability to focus on schoolwork, quite a bit or all the time.

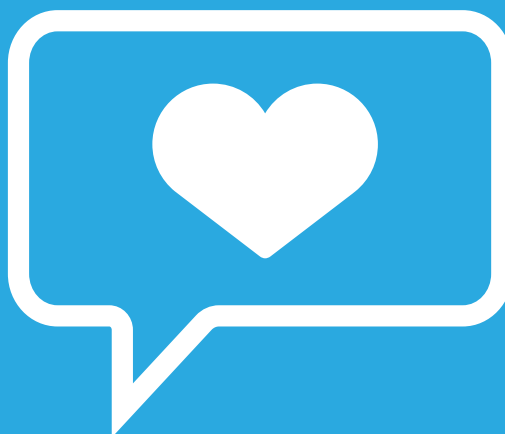


Social media

Of the 179 who reported using social media,

69.7% described using social media more than they would like.

74.6% reported that social media made them feel dissatisfied with their body.



In relation to social media literacy strategies:



45.8%

never took a break because it was affecting how they felt about their body.

30.3%

never posted unfiltered images.

23.5%

never unfollowed pages that made them feel bad about their body.

76.5%

often or always comment kindly and honestly on a friend's post.

What is their experience of appearance-related teasing?

83.2%

reported receiving negative comments or being teased about their appearance.

This happened most frequently at



School 78.4%



Home 52.9%



Social Media 45.1%