The Prevalence Of Eating Disorders in the LGBT Community As Compared To The General Population In Massachusetts

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What is a health disparity?

A health disparity is “the difference in the incidence, prevalence, mortality, and burden of disease and other adverse health conditions that exist among specific population groups in the United States, when compared in contrast to a larger group.” (NIH)
Eating Disorders

What exactly is a an eating disorder?

❖ Anorexia Nervosa
❖ Binge Eating
❖ Bulimia Nervosa
Sexuality of Massachusetts' Adolescents

- Heterosexual: 95.5%
- LGBT: 4.5%
Prevalence of Eating Disorder Symptoms in Heterosexual and LGBT Populations

- Heterosexual Men
- Gay/Bisexual Men
- Heterosexual Women
- Lesbian/Bisexual Women

( LGBT population center.com )
Prevalence in disordered eating behaviors among sexual minority and heterosexual youth by sex, 1999–2013. (Massachusetts Youth Risk Survey)
Statistics

Prevalence in disordered eating behaviors among sexual minority and heterosexual youth by sex, 1999–2013. (Massachusetts Youth Risk Survey)

Fasted to Lose Weight in the Last 30 Days: Males

- Homosexual
- Bisexual
- Heterosexual

Fasted to Lose Weight in the Last 30 Days: Females

- Homosexual
- Bisexual
- Heterosexual

Prevalence in disordered eating behaviors among sexual minority and heterosexual youth by sex, 1999–2013. (Massachusetts Youth Risk Survey)
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Statistics

❖ Lesbians ---> less body dissatisfaction

❖ Age 12 and up, LGB teens ---> possible higher risks

(National Eating Disorders Association)

❖ Black and Latino LGB ---> around same prevalence of disorder as white LGB

(National Eating Disorders Association)
The Development of Eating Disorders in The LGBT Community

❖ Stressors
❖ Negative body image
Discrimination
Homelessness
The Development of Eating Disorders in The LGBT Community

❖ Rejection
❖ Society
❖ Gender/Sexuality
Adam Jernberg...

- Resides in Cape Cod
- Developed Anorexia at 16 years old
- Listened to a voice named “Rex”
- Started at 170 lbs
- Skipped Meals
- Counted Calories
- Obsessed with exercise
- Towards the “end” of his Anorexia; allowed himself only one cup of water and only 200 Calories a day.

(Adam Jernberg; youtube)
Counseling for LGBT Eating Disorders

➢ Dr. Paul Sandman
➢ Voices For Hope
➢ Worcester Recovery Center
➢ Safe Homes
Conclusion

The LGBT community in Massachusetts has been found to have a higher percentage of people with eating disorders. Not because of the fact that they are categorized as being a part of the LGBT community but because they are treated less of a person. They want to be accepted and feel confident in their own body, despite their sexual orientation and gender identity.