

EATING DISORDERS: A GROWING CRISIS IN AUSTRALIA

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Australia has the
HIGHEST RATES
of eating disorders
in the world

**1.1
MILLION**

Australians live with
an eating disorder

and that's 4.45% of
the population

In 2023, it's estimated

1,273
people with eating
disorders died in Australia

 that's more than the
national road toll (1266)



Anorexia is the

DEADLIEST

of all mental health conditions

ONLY HALF OF PEOPLE DIAGNOSED MAKE A RECOVERY

27%

of people with
an eating disorder
are aged 19 or
YOUNGER



Since 2012, eating
disorders in people
aged 10-19 has

RISEN BY

86%



In 2023, eating disorders cost
the economy and society

\$67 BILLION

that's **+36%** real-term
increase since 2012



**EARLY INTERVENTION
IS KEY FOR RECOVERY**

If untreated in adolescence, eating disorders
can become a lifelong burden, with 1 in 3
remaining unwell for over 20 years

Despite their prevalence and high mortality
rates, eating disorders are among the
least funded of all mental health conditions

From 2009 to 2021 in Australia, eating
disorders research received **just \$28m**

THAT'S ONLY

\$2

for every
person with
an eating
disorder.



This lack
of funding
contributes to
**high death
rates and a lack
of treatment
innovation**

Eating disorders
research is a chronically
underfunded area and
**treatments have not
improved in decades**



We desperately need more
effective ways to prevent and
treat eating disorders. Current
treatments can be difficult and
even traumatic for young people,
their families and carers - as well
as being ineffective

ORYGEN CAN MAKE A DIFFERENCE

As the **largest translational mental health research organisation in Australia** and the largest clinical research organisation focused on youth mental health in the world, Orygen brings the necessary scale to meet the youth mental health crisis head on.

Our team

- Orygen's highly qualified multidisciplinary eating disorders team is made up of nine researchers, who are uniquely embedded in clinical programs: we are the only organisation with the integrated approach needed to fast-track life-saving new treatments and models of care.
- Our team has initiated one of the largest ever studies looking at the physical, psychological and cultural drivers of anorexia.

Our work

- Using eye-tracking technology, the team has also made a significant breakthrough in discovering the world's first biomarker for anorexia – finding a unique eye movement that implicates an area of the brain, opening the door for new discoveries.
- This game-changing discovery could help identify people with anorexia early, as well as those who may potentially be at risk, and offer opportunities for life-saving early intervention.
- The team has undertaken a world-first study to explore the potential of using non-invasive brain stimulation to treat anorexia, offering hope for future treatment break-throughs.
- The team is working with Harvard University to understand why some people respond to treatment and others do not, and the factors that contribute to recovery and relapse.



(L-R) caption needed

Young people are at the heart of everything we do, and our research is informed by people with lived and living experience of eating disorders, as well as their families, carers and other supports.

BUT WE NEED YOUR HELP TO CONTINUE THIS VITAL WORK

Orygen's eating disorders team is leading the way in uncovering the biological, psychological and social factors involved in eating disorders – and is working to find the first new and effective treatments in decades.

With young people increasingly affected by these deadly illnesses, there is an urgent need for research and treatment innovation – and early intervention – to bring hope to those who are suffering.



FOR MORE INFORMATION, CONTACT:

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IN MIND** *ory
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