



While women are more commonly affected by eating disorders, more than a million men and boys battle the illness every day.

If you are seeking information on eating disorders, perhaps you are concerned about your own health, or the health of someone you love. We're glad you are reaching out to learn more. It's the first step in understanding the issues surrounding this serious illness and with some help and support - treatment and recovery are possible.

The information in this section is specific to men and boys. But you'll find a host of terms and topics under [general information](#). We recommend you start there and then augment your learnings with the subjects covered here.

- [Review terms and topics under General Information.](#)
- [Ask an Expert a question and review answers to commonly asked questions.](#)
- [Get help today.](#)
- [Read stories of hope.](#)

#### **Information for men and boys:**

##### **[Anorexia, Bulimia, & Binge Eating Disorder: What is an Eating Disorder?](#)**

Eating disorders such as anorexia, bulimia, and binge eating disorder include extreme emotions, attitudes, and behaviors surrounding weight and food issues.

##### **[Anorexia Nervosa in Males](#)**

Anorexia Nervosa is a severe, life-threatening disorder in which the individual refuses to maintain a minimally normal body weight, is intensely afraid of gaining weight, and exhibits a significant distortion in the perception of the shape or size of his body, as well as dissatisfaction with his body shape and size.

##### **[Binge Eating Disorder in Males](#)**

Binge eating disorder is a severe, life-threatening disorder characterized by recurrent episodes of compulsive overeating or binge eating. In binge eating disorder, the purging in an attempt to prevent weight gain that is characteristic of bulimia nervosa is absent.

##### **[Bulimia Nervosa in Males](#)**

Bulimia nervosa is a severe, life-threatening disorder characterized by recurrent episodes of binge eating followed by self-induced vomiting or other purging methods (e.g. laxatives, diuretics, excessive exercise, fasting) in an attempt to avoid weight gain.

### **Enhancing Male Body Image**

Recognize that bodies come in all different shapes and sizes. There is no one "right" body size. Your body is not, and should not, be exactly like anyone else's. Try to see your body as a facet of your uniqueness and individuality.

### **Research on Males and Eating Disorders**

Approximately 10% of eating disordered individuals coming to the attention of mental health professionals are male.

### **Strategies for Prevention and Early Intervention of Male Eating Disorders**

Eating disorders do not discriminate on the basis of gender. Men can and do develop eating disorders.

### **Tips for Kids on Eating Well and Feeling Good about Yourself**

It is no fun to worry all the time about how much you weigh, how much you eat, or whether you are thin. Here are some things you can do.

### **What's Going On With Me?**

Living in our culture, it's not surprising if you feel you have to look a certain way to be happy or even healthy. However, the things you are doing to be thin can quickly spin out of control and become a serious life-threatening eating disorder.