

Eating Disorders and the Black Community

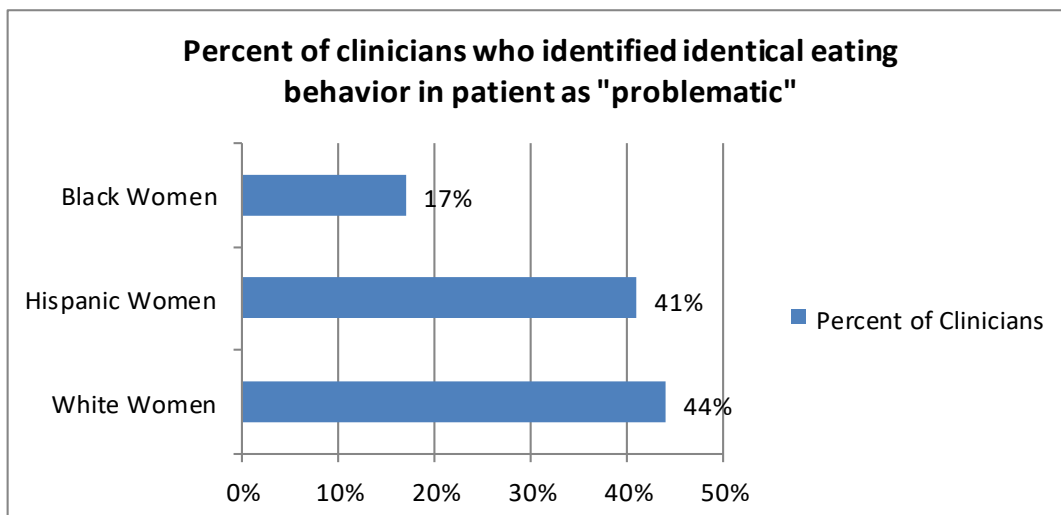
Eating disorders affect 9% of the US population (~22 million Americans). Unfortunately, historically marginalized people often suffer in silence, or without sufficient, specific, intervention.

In their book, *Treating Black Women with Eating Disorders: A Clinician's Guide*, Dr. Charlynn Small and Dr. Mazella Fuller write on the difficulties and nuances specific to treating Black women with eating disorders.

They summarize literature that black women college students on PWCs experience stress related to efforts to acculturate. It is this **acculturation stress** that predicts higher levels of bulimic symptoms in these women college students.

(*Treating Black Women with Eating Disorders: A Clinician's Guide*, 2020)

Rates of eating disorders across race feature similar rates in the U.S. However, people of color (non-white people) have been found to receive significantly less help for these issues, manifesting as (among other disparities):



(Gordon, Brattole, Wingate, & Joiner, 2006).

Higher rates of Bulimic behaviors among teenaged cohort

- In one study Black teenagers displayed as high as 50% more behaviors like bingeing and purging

(Goeree, Sovinsky, & Iorio, 2011).