

2024 NEEDS ASSESSMENT

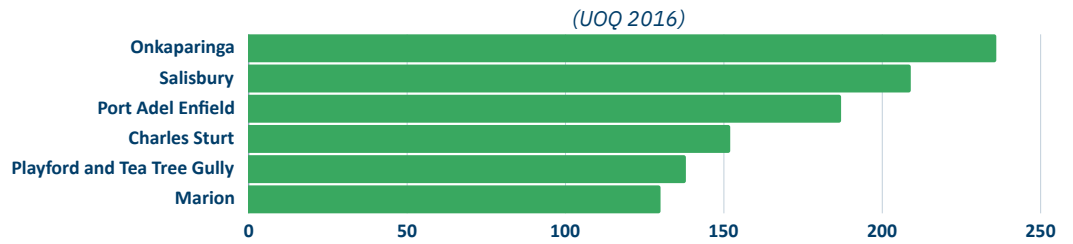
EATING DISORDERS DATA INSIGHTS

The Adelaide Primary Health Network (APHN) conducted a Needs Assessments on Eating Disorders in 2024, specifically Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and Other Specified Feeding or Eating Disorder. This document presents key insights of 'what we know' from data available as at Feb 2024.

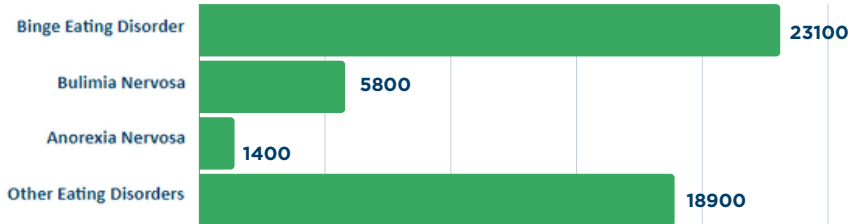
EATING DISORDERS IN ADELAIDE

Over 50,000 people in Adelaide PHN are estimated to have an Eating Disorder with almost half of these having a Binge Eating Disorder (DAE 2019)

Highest number of severe Eating Disorders by Local Government Area



Eating Disorders composition in the Adelaide PHN (DAE 2019)



POPULATION GROUPS AT RISK

Eating Disorders are more prevalent in young people.

Approximately a third (31.6%) of Australian adolescents engage in disordered eating behaviours within any given year (NEDC 2024)



Eating Disorders are the 3rd most common disease experienced among people aged 14-24 years at 6.8%. (AIHW 2023)

Those who identify as women, non-binary and transgender are more likely to experience an Eating Disorder.

Impact by Gender (NEDC 2024)



8.4% of women are likely to experience an Eating Disorder



2.2% of men are likely to experience an Eating Disorder

Genetic as well as environmental factors influence the likelihood of developing an Eating Disorder.

Female Relatives are 11 times more likely to develop Eating Disorder. (BULIK BLAKE AUSTIN 2019)

People with Autism are 30% more likely to experience Eating Disorder. (EA 2023)

A lack of early trusting relationships is linked to all eating disorders.

(FABER, DUBE, BARBEL, KNAUPER 2017)

People with Eating Disorders experience a higher rate of suicide than the general population.

- 31 times more likely for someone with Anorexia Nervosa (BF 2024)
- 7.5 times higher for someone with Bulimia Nervosa (BF 2024)



31
x
7.5
x

SERVICE ACCESS

Treatment uptake in Adelaide PHN is low.

<23% people with an Eating Disorder access Treatment. (NEDC 2024)

751 people received Medicare subsidised Eating Disorder Treatment Plans from GPs in 2020-2021. (ADELAIDE PHN DATA 2023)

Adelaide PHN funded treatment services to 76 people with an Eating Disorder in 2022-2023 (ADELAIDE PHN DATA 2023)

If you or someone you know is affected by an eating disorder or suicide, talk to someone you trust or contact a service for immediate support. Please contact any of services on the next page for 24/7 crisis support helplines.

phn
ADELAIDE

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EATING DISORDER DATA INSIGHTS

NATIONAL CRISIS NUMBERS

Lifeline

13 11 14 or text 0477 13 11 14 for 24/7 crisis support and suicide prevention services.

To find local services in your area use

Lifeline's Service Finder.

Suicide Call Back Service

1300 659 467

24/7 telephone crisis support for people at risk of suicide, carers and bereaved, as well as online resources and information.

Kids Helpline

1800 55 1800

24/7 telephone counselling for young people 5-25 years.

MensLine Australia

1300 78 99 78

24/7 telephone and online support, information and referral service for men.

Butterfly Helpline (ED-specific telephone support service): **1800 ED HOPE**

Beyond Blue

1300 22 4636

24/7 telephone support service and online chat 4pm - 10pm (AEST).

QLIFE

1800 184 527

Telephone and online chat support service for lesbian, gay, bisexual, trans, and/or intersex (LGBTI) communities.

StandBy Support After Suicide

1300 727 247

24/7 free telephone support for people and communities bereaved or impacted by suicide.

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