

# Eating Disorders in the LGBT Population

54% of LGBT adolescents have been diagnosed with an eating disorder

71% of straight trans youth meet criteria for an eating disorder

58% of LGBT youth diagnosed with an eating disorder report suicidal thoughts

Adult LGBT people are twice as likely to experience food addiction

Depression and identity-related stigma are strongly linked in the LGBT community

## Minority Stress

Being a member of a sexual or gender minority group increases the likelihood of chronic stress from factors like bullying or harassment, stigma, feeling a need to hide their identity, rejection by family and peers, and internalized homophobia or transphobia. Research shows these stressors significantly increase risk for disordered eating.

## ED Treatment Centers

- Sierra Tucson (520) 825-2967 <https://www.sierratucson.com/>
- Cottonwood (888) 433-1069 <https://cottonwooddetucson.com/>
- Desert Milagros (520) 531-1040 <http://www.desertmilagros.net/>

### References

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