About The Center for Eating Disorders at Sheppard Pratt

The Center for Eating Disorders at Sheppard Pratt is a leading provider of evidence-based, multidisciplinary treatment for eating disorders. The Center provides services that help children, teens, adults and families work toward recovery, including an inpatient program, partial hospital program, intensive outpatient program and a full range of comprehensive outpatient services and free support groups.

Major misconceptions about eating disorders are widespread. Knowing the facts and tackling myths and stereotypes can help decrease stigma, build awareness and support individuals on the path to healing and recovery.

- Eating disorders have the highest mortality rate of any mental illness.
- Half of all Americans know someone with an eating disorder; 20 to 30 million people in the United States will suffer from eating disorders in their lifetime.
- Eating disorders do not discriminate based on age, gender, ethnicity or socioeconomic status. You can’t tell whether somebody has one just by looking at them.
- There are numerous risk factors that increase a person’s chance of developing an eating disorder: genetics, traits/temperament, biology, trauma, coping skill deficits, sociocultural ideals, dieting and more.
  - Individuals who have had a family member with an eating disorder are 7-12 times more likely to develop one themselves.
- Males account for an estimated 35 percent of those with binge eating disorder and 5 to 15 percent of patients with anorexia or bulimia.
  - The good news: education, support and awareness for this population are improving and more males are seeking and receiving treatment.
- Developing a strong support system, including specially trained clinicians, is an integral part of the recovery process.
  - The road to recovery can include a wide range of inpatient and outpatient treatment options and services to help individuals and families.
  - Research has shown Cognitive Behavior Therapy (CBT), Family-Based Treatment (FBT) and Interpersonal Therapy (IPT) to be among the most effective treatments depending on the age and specific needs of the person with the eating disorder.

Contact Us

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