Eating disorders are historically undertreated in Black Americans. It is important to know why that is and how you can help change it. That's the only way to make sure this community gets the treatment and support they need.

**Eating Disorder Prevalence in Black Americans**

Food insecurity
Food deserts
Depression
Racism, discrimination
Microaggressions

**What factors help trigger eating disorders in Black Americans?**

- Acculturative stress
- Comorbidity
- Cultural implications of food
- Food insecurity
- History of eating patterns
- Self-examination of cultural biases and beliefs
- Trauma

**Why Black Americans require different assessments**

- The person isn't underweight or overweight
- Individuals may not know their symptoms may signal an eating disorder

**Eating disorder symptoms aren't recognized as significant in Black Americans**

- Clinician bias may prevent some eating disorders from being discovered
- Clinicians may only look for anorexia nervosa and not other disordered eating patterns
- Clinicians may overlook signs of eating disorders if their only focus is on Type 2 diabetes or weight issues

**What helps trigger eating disorders in Black Americans?**

- When Black Americans do receive treatment, they're more likely to drop out before completion

**How can we make eating disorder treatment more accessible for Black Americans?**

- Consider changes in treatment settings to increase access
- Decrease stigma so people feel empowered to seek care
- Incorporate appropriate sociocultural factors into treatment to make it more relevant
- Increase eating disorder awareness among the general public
- Increase education for health care providers on screening and treatment
- Use culturally appropriate language around eating disorders

**Black Americans struggle to receive treatment for eating disorders**

- Only 2.5% of studies include samples of Black and/or Indigenous individuals, which is a relatively small sample

**How do we make eating disorder treatment more accessible for Black Americans?**

1. **Consider changes in treatment settings to increase access**

2. **Decrease stigma**

3. **Incorporate appropriate sociocultural factors into treatment**

4. **Increase eating disorder awareness among the general public**

5. **Increase education for health care providers on screening and treatment**

6. **Use culturally appropriate language around eating disorders**

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**Black Americans suffer more from binge eating than any other eating disorder**


9. 5, 8


Endnotes:


9. 5, 8

