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## PRESS RELEASE

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### **MHN Breaks the Silence on Men and Boys' Eating Disorders during National Eating Disorders Awareness Week February 23 to March 1**

(Washington, DC) – When you think of eating disorders, men are probably not the first thing coming to your mind. However, during this [National Eating Disorders Awareness Week](http://nedawareness.org/faq) (http://nedawareness.org/faq), February 23<sup>rd</sup> to March 1<sup>st</sup> Men's Health Network (MHN) is concerned with the ever growing trend of men and boys suffering from eating disorders in silence.

**"It is undeniable that women in our culture often face great social pressure to attain an idealized body image,"** said Jean J. E. Bonhomme, MD, MPH, member of MHN Board of Directors and National Black Men's Health Network founder. **"Until recently however, we have overlooked the fact that men may face comparable pressures to be lean, muscular, and ripped. Few men are can attain athletic physiques like Superman or Captain America, but too many will embrace unsafe dietary practices striving towards perfect body images. Eating disorders have become so common among men that the term "*manorexia*" is fast becoming part of the lexicon."**

Although women are more commonly affected by eating disorders, millions of men and boys battle all forms of the illness. For years, it was believed that a small portion of individuals suffering from eating disorders coming to the attention of mental health professionals were male. More recent research suggests that the number is much higher. According to the [National Eating Disorders Association](http://nedawareness.org/key-messages) (NEDA) (http://nedawareness.org/key-messages), in the United States, 20 million women and 10 million men suffer from a clinically significant eating disorder at some time in their life, including anorexia nervosa, bulimia nervosa, binge eating disorder, or other specified feeding or eating disorder (OSFED).

While eating disorders are serious, potentially life-threatening illnesses, help is available and recovery is possible. It is important for those affected, and their loved ones, to remember that they are not alone in their struggle. Others have recovered and are now living healthy fulfilling lives. Let NEDA and MHN be a part of your network of support. NEDA has information and resources available online

[Info@menshealthnetwork.org](mailto:Info@menshealthnetwork.org) \* [www.menshealthnetwork.org](http://www.menshealthnetwork.org)  
Men's Healthline 888-MEN-2-MEN

helpline: [www.NationalEatingDisorders.org](http://www.NationalEatingDisorders.org), NEDA Helpline: 800-931-2237. You can also take a confidential and free screening quiz for eating disorders [here](https://www.mentalhealthscreening.org/screening/NEDA) (<https://www.mentalhealthscreening.org/screening/NEDA>).

MHN provides a couple of nutritional brochures on [Healthy Food Makes Healthy Kids](http://www.menshealthnetwork.org/library/nutritionparents.pdf) (<http://www.menshealthnetwork.org/library/nutritionparents.pdf>) and [Your Healthy Living Game Plan](http://www.menshealthnetwork.org/library/Nutrition.pdf) (<http://www.menshealthnetwork.org/library/Nutrition.pdf>) with nutrition advice for men.

*[National Eating Disorders Association](http://www.neda.org) (NEDA) supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care. NEDA envisions a world without eating disorder. We can confront these serious illnesses with increased awareness, early intervention and improved access to treatment. NEDA provides programs and services to give families the support they need to find answers for these life-threatening illnesses. Recovery is possible. We are working to make it happen.*

*[Men's Health Network](http://www.menshealthnetwork.org) (MHN) is a national non-profit organization whose mission is to reach men, boys, and their families where they live, work, play, and pray with health prevention messages and tools, screening programs, educational materials, advocacy opportunities, and patient navigation. Learn more about MHN at [www.menshealthnetwork.org](http://www.menshealthnetwork.org) and follow us on Twitter @MensHlthNetwork and [facebook.com/menshealthnetwork](https://www.facebook.com/menshealthnetwork)*

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