



1 in 3 people (30%)
in Australia are
dissatisfied with
how they look



Only 11% of people
are confident they can
recognise the signs that
someone is living with
an eating disorder



Less than a quarter
of people have referred
someone they're
concerned about to
support services



57% of people self-
report as having at
least one symptom of
an eating disorder
(up from 50% in 2020)



One in five (20%)
respondents agreed that
you can tell by looking
at someone that they
have an eating disorder



Misconceptions
are highest
among males
and younger
people



Positively, most people are aware of

- Binge Eating Disorder (95%)
 - Anorexia Nervosa (91%)
 - Bulimia Nervosa (89%)
- an increase since 2020



2 in 5 Australians hold stigmatising views about eating disorders, for example, that eating disorders are a lifestyle choice, a sign of weakness and people could snap out of it if they wanted to