

Nine More **Truths** about Eating Disorders: Boys and Men

Forenote: We acknowledge the diversity of gender identities. Gender identity refers to one's innermost concept and perception of self as man, woman, neither, or another gender. Although the following document is focused on boys and men, we recognize that many of these truths may be applicable across individuals with varied gender identities, and we note that most existing knowledge in this area is based on cisgender boys and men.

- 1** The eating disorders field historically developed through a female-centric lens.
- 2** Boys and men with eating disorders remain under-recognized and under-served.
- 3** Eating disorders can, but do not necessarily, present differently in boys and men.
- 4** Medical complications of eating disorders in boys and men can be severe, and mortality is elevated.
- 5** Seeking treatment for an eating disorder can be especially challenging for boys and men.
- 6** Boys and men can face additional eating disorder treatment barriers.
- 7** Eating disorders can affect boys and men across the lifespan.
- 8** Eating disorders can affect cisgender and transgender boys and men of all sexual orientations, race/ethnicities, cultures, socioeconomic backgrounds, and body shapes and weights.
- 9** Body ideals in boys and men are diverse and can be influenced by many factors.

Produced in collaboration with Dr. Jason M. Lavender, PhD, FAED. These “Nine More Truths about Eating Disorders: Boys and Men” are based on Dr. Lavender’s “Where to from here? Bringing Males into the Eating Disorders Fold” sociocultural plenary discussion at the 2020 International Conference on Eating Disorders.