

Eating Away At Gender

Intersections Between Gender Identity, Eating Disorders, and Sizeism
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FACTS

- 71% of transgender respondents have been diagnosed with an eating disorder • Eating disorder research among trans* people began in 2013.
- Youth who experienced more frequent harassment and discrimination were more likely to have eating disorder symptoms, while those who could draw on protective resources were less likely.
- Sizeism and fatphobia can greatly impact trans* folx gender dysphoria and access to gender affirming health care.

RESOURCES

- Trans Folx Fighting Eating Disorders - while mostly defunct, they maintain their social media presence and are discussing a virtual ED support group.
- ThirdwheelED - Two queer perspectives on eating disorders.
- How Fatphobia Impacted My Gender Identity by J on Comfy Fat Blog
- The Gender Non-Conformity Of My Fatness by Caleb Luna on TBISNAA
- Food Psych Interview with Caleb Luna
- Food Psych Interview with Sand Chang
- Fearless Rebelle Radio Interview with Isaiah Bartlett
- National Eating Disorders Association (NEDA)
- Binge Eating Disorder Association (BEDA)
- Carolina House offers residential, partial hospitalization, and intensive outpatient program with LGBTQ awareness.

Watson RJ, Veale JF, Saewyc EM. Disordered eating behaviors among transgender youth: Probability profiles from risk and protective factors. *Int J Eat Disord*. November 2016. doi:10.1002/eat.22627.
<https://www.thetrevorproject.org/wp-content/uploads/2018/03/Suicidality-and-Eating-Disorders-Among-LGBTQ-Youth-2018-2.pdf>



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