

UNDERSTANDING EATING DISORDER TREATMENT OUTCOMES

EATING DISORDER FACTS



EDs are prevalent.
9% (or 28.8 million) Americans will have one in their lifetime.



One person dies approximately every hour from complications related to EDs



EDs can affect anyone across all ages, races, genders and sexual orientations.



More than 70% of people don't get treatment because of **stigma, access barriers, and misinformation.**



EDs have one of the highest mortality rates of any mental illness, second only to opioid use disorder.



EDs are complex illnesses, influenced by a combination of genetic, psychological, sociocultural, and physiological factors.

HOW ED TREATMENT OUTCOMES ARE UNIQUE



Multidimensional

EDs are complex illnesses, so we consider a variety of factors to assess outcomes, including quality of life, eating disorder behaviors, health and well-being indicators and impact of the illness.



Personal

While eating disorders share many features across individuals, recovery looks different for each person. Recovery must take individual needs into account.



Continuous

People typically move between levels of care on their treatment path, and benchmarks for success change at each stage.

EMILY PROGRAM OUTCOMES AT-A-GLANCE

- Decrease and/or elimination of **eating disorder symptoms**
- Improved **quality of life**
- Improvement in **depression status**
- **Weight restoration** (as applicable) in line with community care standards
- **High satisfaction** rating among clients and families
- **Low readmission rate** when clients receive the recommended level and duration of care
- We are committed to **continually assessing the impact of care** delivery, progress in treatment, acceptability of treatment, and **improving treatment based on outcomes.**

QUICK STATS*

71%

Demonstrate clinically significant improvement across time

66%

Successfully complete programming based on treatment plan goals

11%

Re-admit to a residential program within 1 year after discharging

90%

Of clients and families would recommend The Emily Program for eating disorder care

*Outcome statistics based on The Emily Program's clinical data from 2019-2022



The Emily Program

For more information, contact us at 1-888-364-5977 or emilyprogram.com.