



Louisville Center
for Eating Disorders



EATING ANXIETY TREATMENT
LABORATORY AND CLINIC

Eating Disorders in Kentucky: The Silent Epidemic

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From A Kentuckian



Eating Disorders

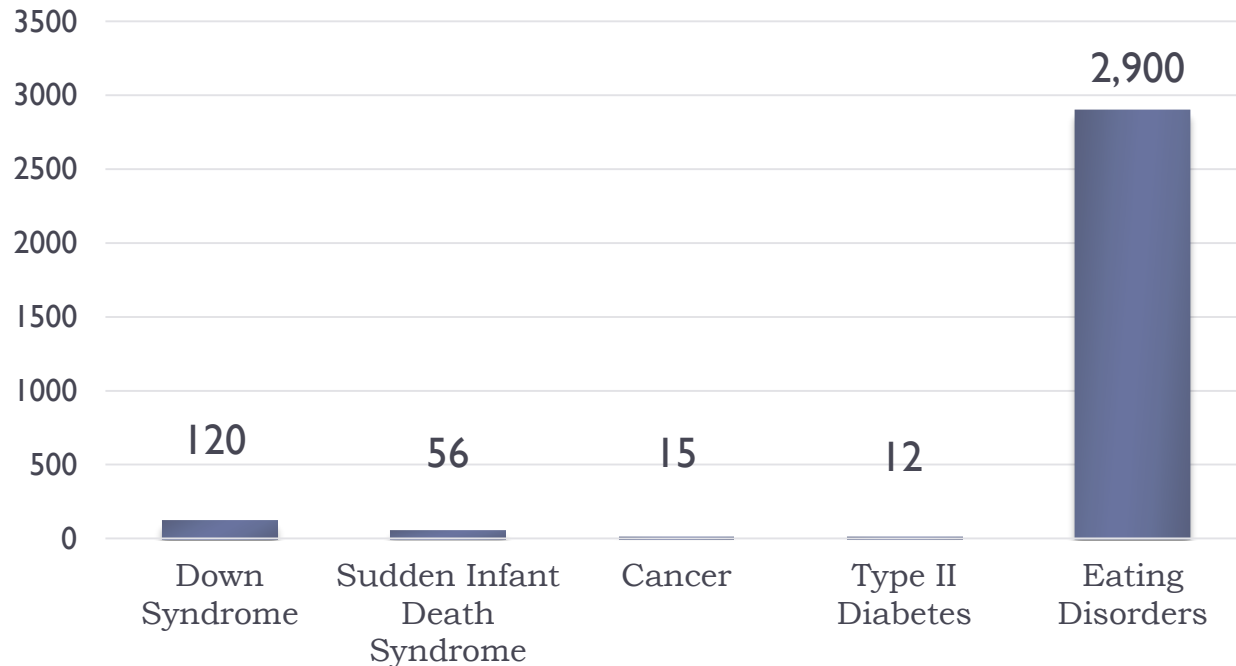
- ▶ High mortality rate
 - ▶ Anorexia nervosa has the second HIGHEST mortality rate of ANY psychiatric illness (only surpassed by opioid use disorders)
- ▶ Debilitating
 - ▶ On average time from diagnosis to recovery is 10 years
 - ▶ Often become chronic illnesses
- ▶ Costly
 - ▶ Treatment cost on average \$20,000 per month
 - ▶ Not accounting for lost time at work, school etc.

Eating Disorders

- ▶ Do not occur in a vacuum
 - ▶ Most co-occur with suicide, drug abuse, anxiety, depression
- ▶ Most individuals with eating disorders seek other types of care and their eating disorders go undetected
 - ▶ ER
 - ▶ Primary care
- ▶ Under diagnosed in many populations
 - ▶ Men, ethnic minorities, children

Eating Disorders

Out of every 100,000 Kids and Adolescents



- ▶ **That means in the state of Kentucky there are 29,804 children with an eating disorder**
- ▶ **AND....eating disorders are increasing**

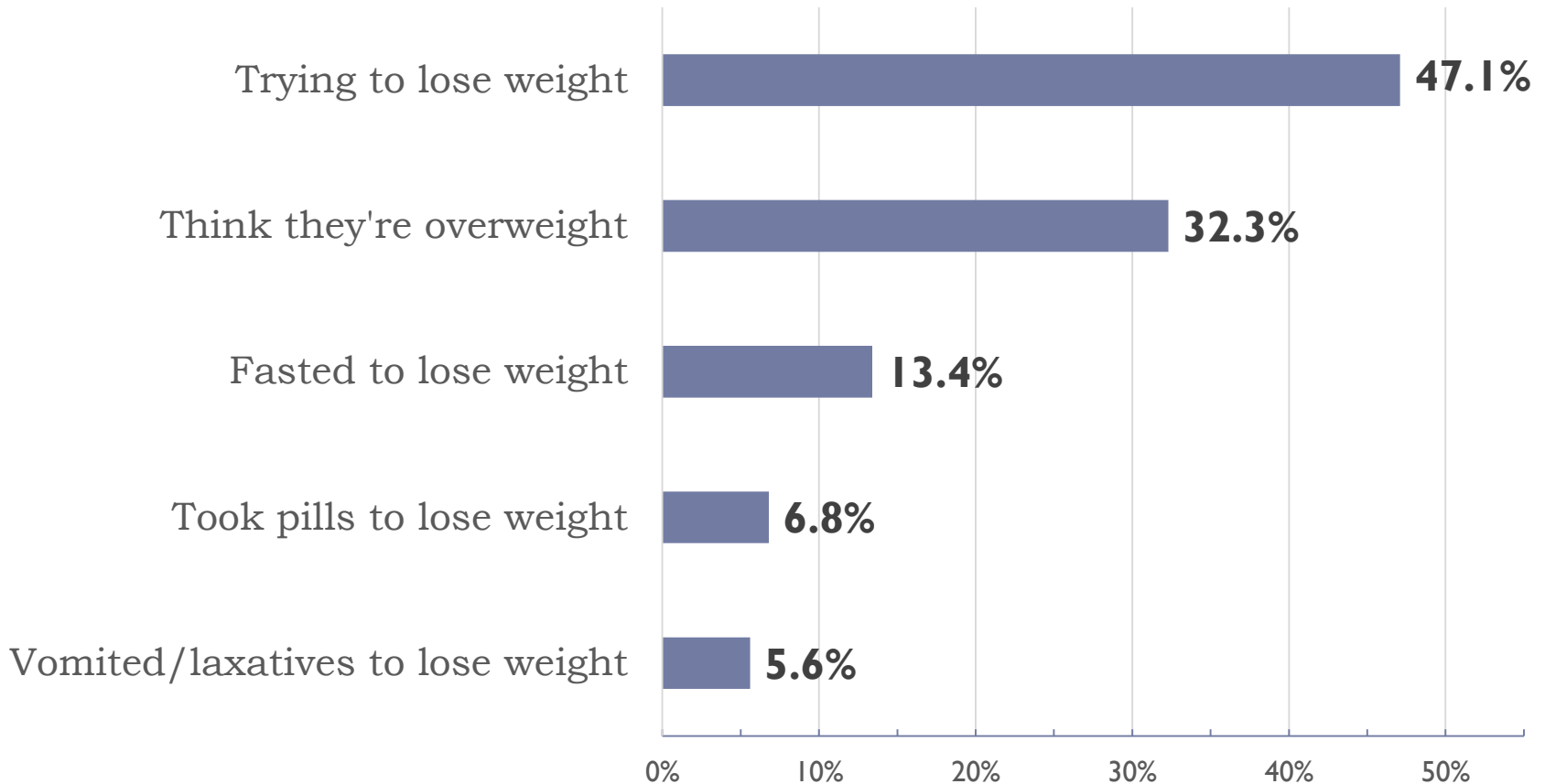
In KY

- ▶ There is currently one eating disorder facility in the entire state
 - ▶ Opened in 2017
 - ▶ Only has outpatient and intensive outpatient care
 - ▶ There is no program in the United States that accepts Medicaid for a higher level of eating disorder care
- ▶ Where are these 29,804 children (and counting) going to go for treatment?
 - ▶ Most detected cases have to go to St. Louis (or farther)



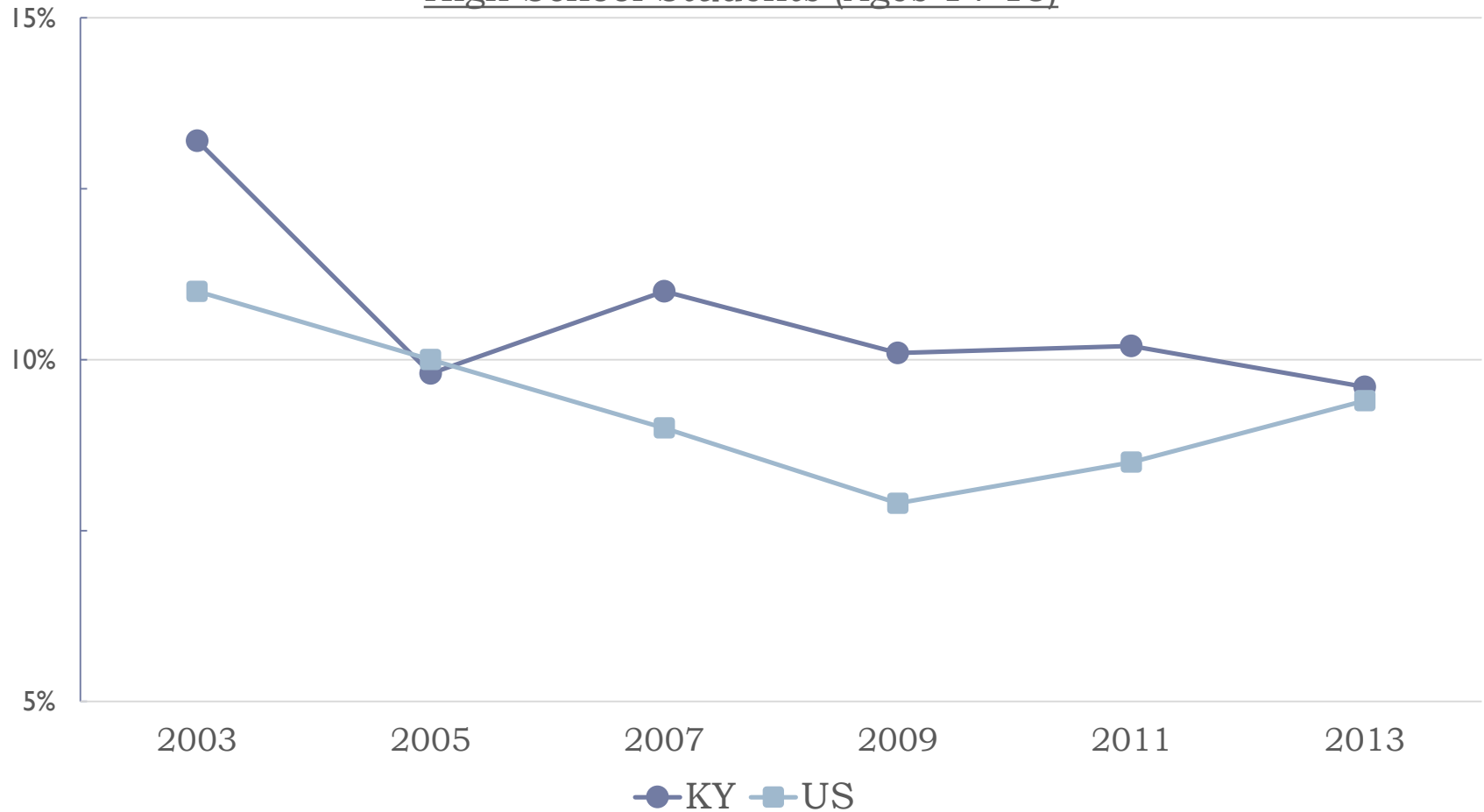
Eating Disorders Start Early

Disordered Eating Behaviors Among Kentucky High School Students (Ages 14-18)



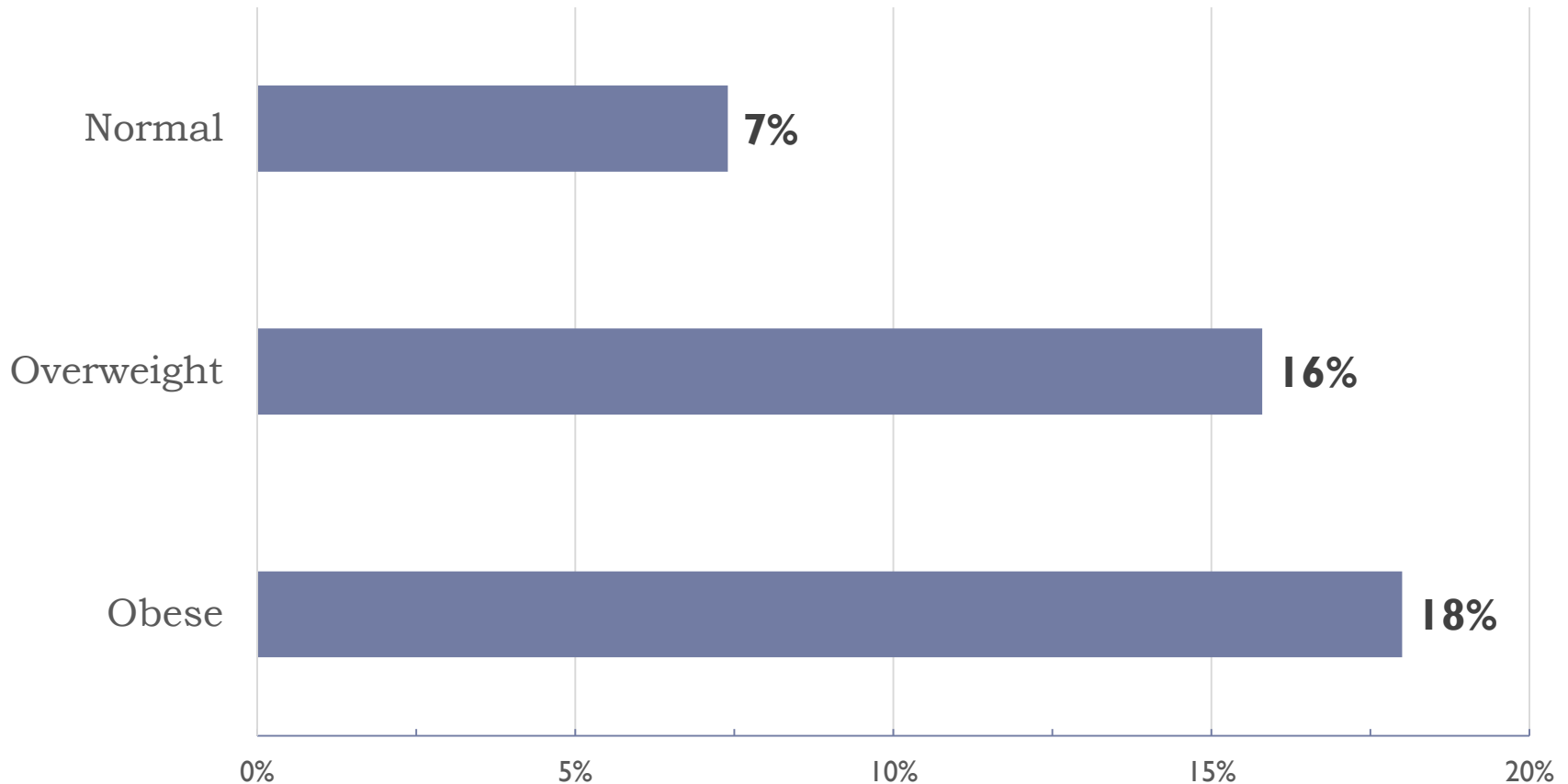
Kentucky Fares Worse than the US

Prevalence of Disordered Eating (3+ behaviors) Among
High School Students (Ages 14-18)



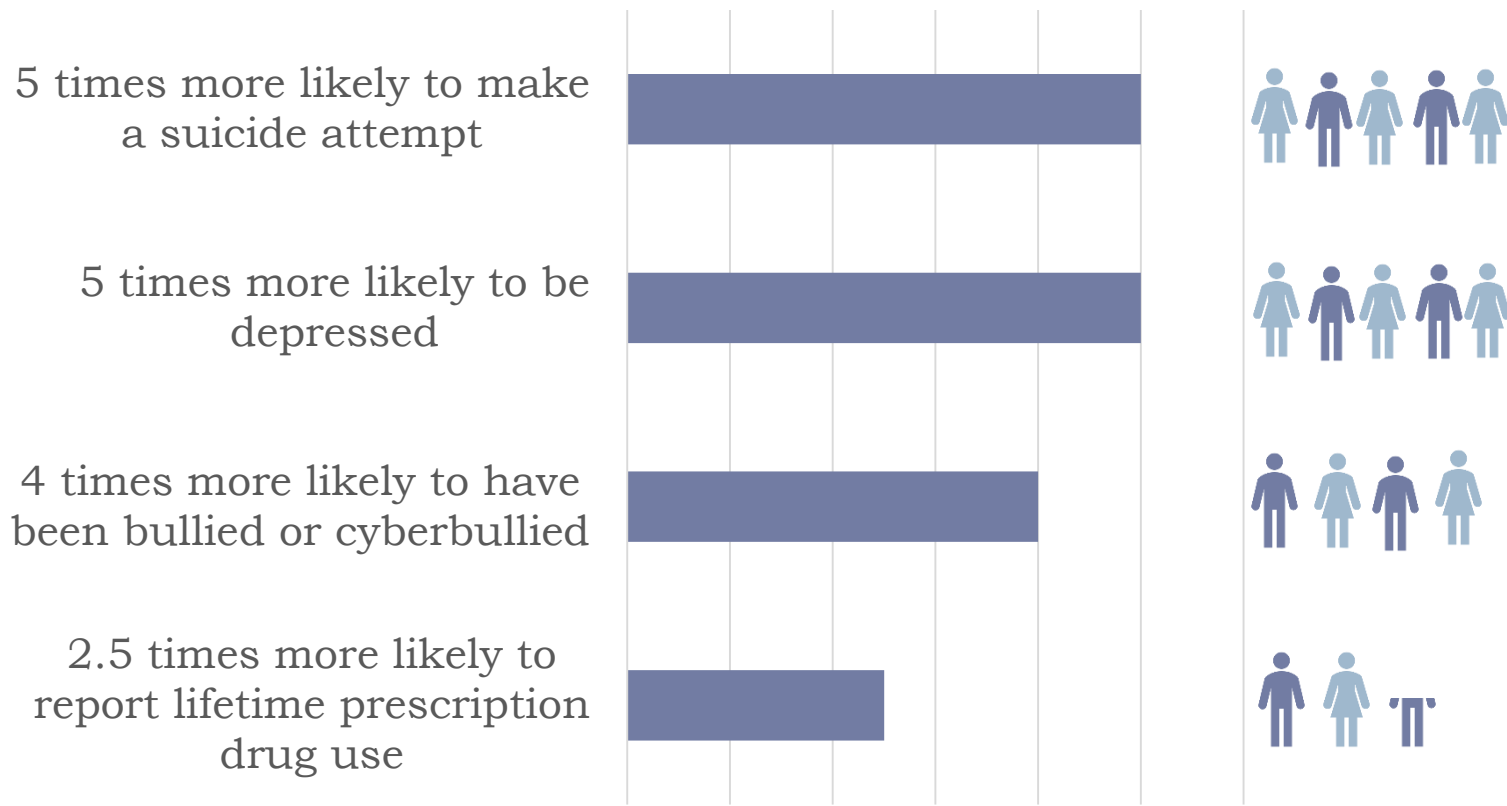
Eating Disorders Affect All Sizes

Prevalence of Disordered Eating by Body Mass Index
Among Kentucky High School Students (Ages 14-18)



Eating Disorders Don't Happen Alone

- ▶ Compared to KY students without disordered eating, students reporting disordered eating are:



Cost of Eating Disorders

- ▶ Severe eating disorders can require inpatient and residential treatment
 - ▶ Average monthly cost of inpatient treatment is \$68,000
 - ▶ Average monthly cost of residential program is \$30,000
 - ▶ Outpatient treatment can cost upwards of \$200/session
- ▶ When left untreated, eating disorders can lead to medical complications
 - ▶ E.g., heart failure, kidney failure, osteoporosis, diabetes, stroke, gastric rupture, hypoglycemia, and more



Cost of Eating Disorders

- ▶ There are additional costs to the Medicare system from co-occurring medical and mental illnesses and ER visits.
 - ▶ These visits cost on average \$16,000 with an average 8 day stay
- ▶ Most individuals with eating disorders seek treatment in non-specialty care centers
 - ▶ Prolongs illness
 - ▶ Increases cost

Cost Savings

- ▶ **Shorter duration of illness** is a major predictor of better outcome for eating disorders
- ▶ Preventative measures can reduce incidence and slow the development of eating disorders in at-risk populations
- ▶ Better measurement and assessment of eating disorders will lead to early identification
 - ▶ Early identification means earlier, less intensive, more cost-effective treatment
- ▶ Preventing just **one** case of bulimia nervosa leads to an average of **\$33,999** in savings

Prevention, early identification, and early treatment are key

A Few Important Facts To Remember

- ▶ Eating disorders can be treated
 - ▶ If they receive complete specialty treatment they will recover!
- ▶ Eating disorders can be prevented
- ▶ Eating disorders are not just about being too thin
 - ▶ They need to be detected to be prevented and treated
- ▶ Professionals and schools can be trained to detect, prevent, and treat eating disorders

Recommendations

- ▶ **Establish a Kentucky Eating Disorder Council**

(Modeled after the Missouri Eating Disorder Council)

- ☐ Work in conjunction with the Cabinet for Health and Family Services, Department of Behavioral Health, and the Department of Education

- ☐ **Overall charge of council is: more and better access to treatment throughout the state**

- ☐ Create and oversee education and awareness programs for early detection and prevention
 - ☐ Train health care providers, schools, mental health centers, colleges
 - ☐ Identify if adequate diagnostic and treatment programs are available
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KY Eating Disorder Council

- ❑ Add assessment of eating disorders in state-wide assessments
 - ▶ Over 25,000 high school students are at risk of developing an eating disorder, but need new data
 - ▶ Add questions back on the Youth Risk Behavior Survey
 - ▶ Add eating disorder questions on other large school surveys
- ❑ Identify eating disorder research projects
- ❑ Other actions:
 - ❑ Examine the current state definition of mental health to include eating disorders as defined in the DSM-5, the Diagnostic and Statistical Manual of Mental Health
 - ❑ Examine current insurance law to prevent insurers from denying care for eating disorder treatment based upon weight or BMI (body mass index)
 - ❑ Neither weight nor BMI provides an accurate picture of someone's mental health status
 - ❑ Examine Kentucky's compliance with federal parity laws



How will this help KY?



MO eating disorder council has

- Increased treatment access
- Added education and training opportunities
- Prevented eating disorder cases

IN KY WE CAN:

- Save lives
- Help children & youth
- End suffering
- Prevent cost to the state



Letters of Support

- ▶ National Eating Disorders Association
 - ▶ North Carolina Center of Excellence for Eating Disorders (founded by SAMSHA)
 - ▶ Academy for Eating Disorders
 - ▶ National Alliance for Mental Illness
 - ▶ Lexington and Louisville Branches
 - ▶ Kentucky Psychological Association
 - ▶ KY Department of Behavioral Health
 - ▶ Norton Hospital
 - ▶ Peace Hospital (formerly Our Lady of Peace) Louisville
 - ▶ Sacred Heart Academy, Louisville
 - ▶ Missouri Eating Disorder Coalition
 - ▶ Harvard Strategic Training Initiative for the Prevention of Eating Disorders (STRIPED)
 - ▶ Kentucky Nutrition and Dietitian Association
 - ▶ AND hundreds of individuals across the state who have, have had, or care for someone with an eating disorder
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