



Transgender-identified youth are disproportionately likely to suffer from eating disorders.

In a review [1] of 20 publications, significantly higher rates of eating disorder symptoms were documented in transgender youth (aged between 8 and 25).

Another study [2] corroborated this connection, noting that data, while scarce, suggest “an overrepresentation of eating pathology among adolescents with GD [gender dysphoria] or transgender identity.”

REFERENCES

[1] Coelho, J., Suen, J., Clark, B., Marshall, S., Geller, J. & Lam, P.-Y. (2019). Eating Disorder Diagnoses and Symptom Presentation in Transgender Youth: a Scoping Review. *Current Psychiatry Reports* 21. [\[Link\]](#)

[2] Kaltiala-Heino, R., Bergman, H., Työläjärvä, M., & Frisé, L. (2018). Gender dysphoria in adolescence: current perspectives. *Adolescent health, medicine and therapeutics* 9, 31–41. [\[Link\]](#)

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