

Burden of eating disorders in the European Region, 1990-2019

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Background

Eating disorders (ED) are a public health issue due to the risk of increased mortality, disability, reduced quality of life, increased economic cost. This study aimed to assess the burden of ED in the European Region.

Methods

A descriptive epidemiological study design was used. Data about ED were obtained from the Global Burden of Disease 2019 study. This study addresses the burden of ED by evaluating the disability-adjusted life-years (DALYs). The age-standardized rates (ASRs, expressed per 100,000) were presented. Joinpoint regression analysis was applied to calculate the average annual percent change (AAPC) with 95% confidence interval (CI) to evaluate trends in 1990-2019.

References

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Results

In both sexes together, the ASR of DALYs for ED in 2019 was the highest in Monaco (184.9 per 100,000), followed by Spain, Luxembourg and Austria (equally about 120.0), while the lowest rates were observed in Bosnia and Herzegovina, Republic of Moldova and Albania (equally about 20.0). Trend in ED DALYs significantly increased both in males (AAPC= +0.6%; 95%CI= 0.5 to 0.7) and females (AAPC= +0.7%; 95%CI= 0.6 to 0.7) in the European Region in 1990-2019. The highest rise of ED DALYs was observed in Western European countries (the Netherlands by +1.5% per year and Ireland by +1.3% per year), but an increasing trend was observed in almost all countries in the European Region, except Ukraine and Republic of Moldova, where stable trends were observed.

Conclusion

These results could help to better understand the burden of eating disorders which is crucial for improving their management.

Key messages

- Trend in ED DALYs significantly increased in the European Region in 1990-2019
- The highest burden of ED DALYs was observed in Western European countries

Figure 1. Eating disorders burden (DALYs) in both sexes together in the European Region, in 2019; 10 countries with the highest and the lowest rates

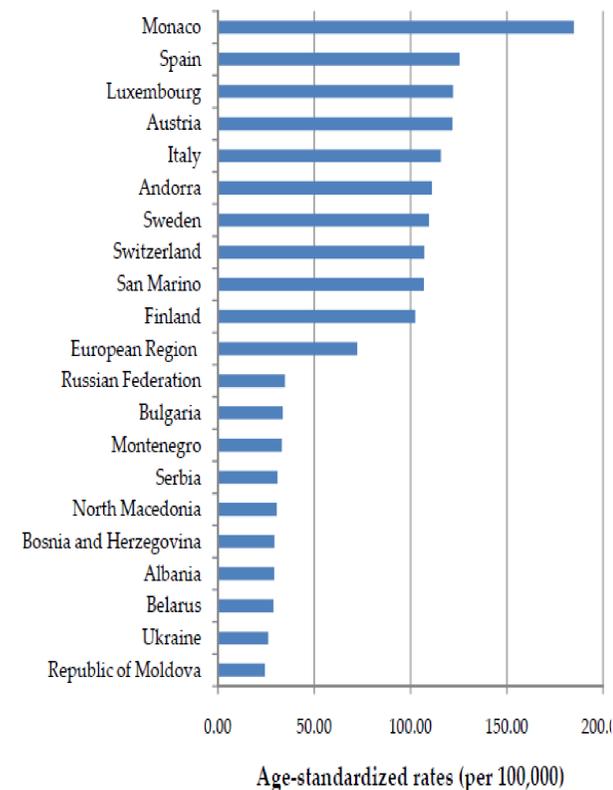


Figure 2. Trends of eating disorders burden (DALYs) in the European Region, by sexes, 1990-2019; a joinpoint regression analysis: Males: 0 Joinpoints versus Females: 0 Joinpoints

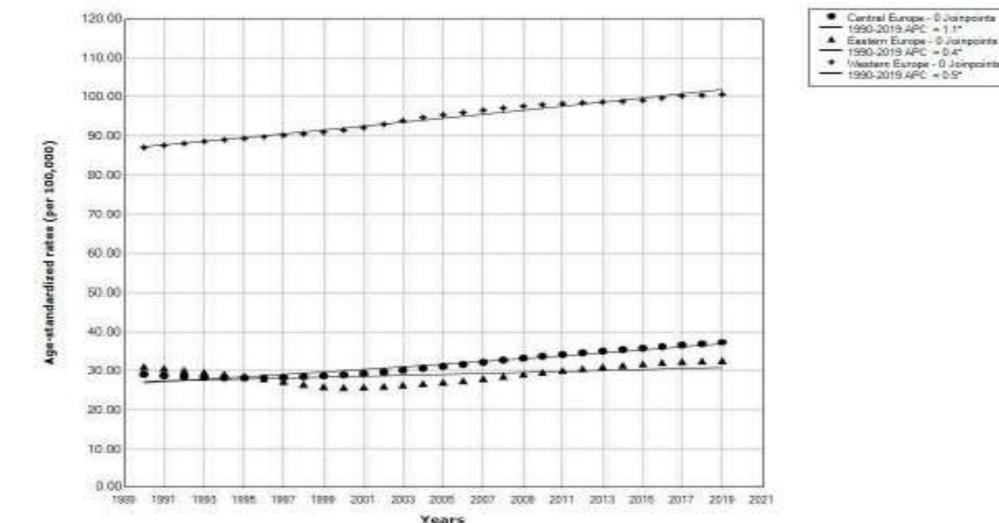
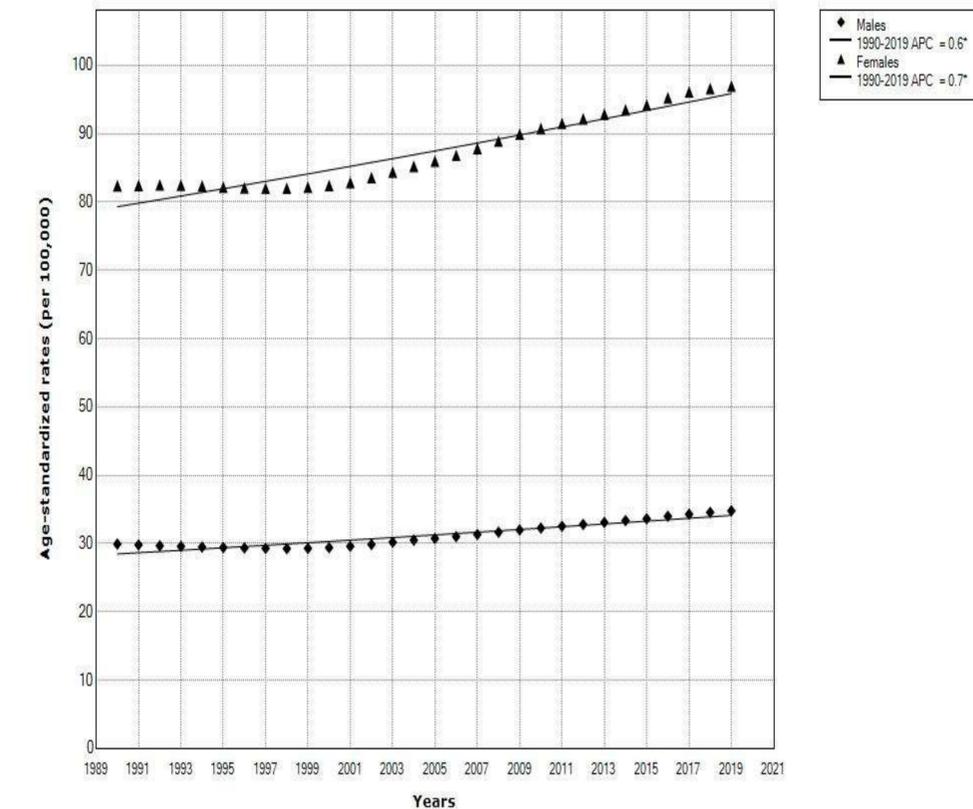


Figure 3. Trends of eating disorders burden (DALYs) in the European Region, 1990-2019, a joinpoint regression analysis: Central Europe (circle); Western Europe (diamond); Eastern Europe (triangle).