



I won't
eat

ANOREXIA
NERVOSA

Eating Disorders

Types of Eating Disorders

Cultural Factors

What % of women are on
a diet on any given day?

50%

National Eating Disorders Association

What % of women are
dissatisfied with their
bodies?

80%

National Eating Disorders Association

What % of teenage girls...

% of teenage boys...

use unhealthy weight control behaviors

such as skipping meals, fasting,
smoking cigarettes, vomiting, and
taking laxatives?

(Neumark-Sztainer, 2005).

Girls: Boys:

50%

30%

What % of college aged
women in America are
bulimic?

19%

National Eating Disorders Association

What % of college age
men are dissatisfied with
their bodies?

95%

National Eating Disorders Association

What % of elementary
school students diet
regularly?

25%

(Smolak, 2011; Wertheim et al., 2009).

What % of 1st-3rd grade girls want to be thinner?

42%

(Collins, 1991).

What % of 10 year olds
are afraid of being fat?

81%

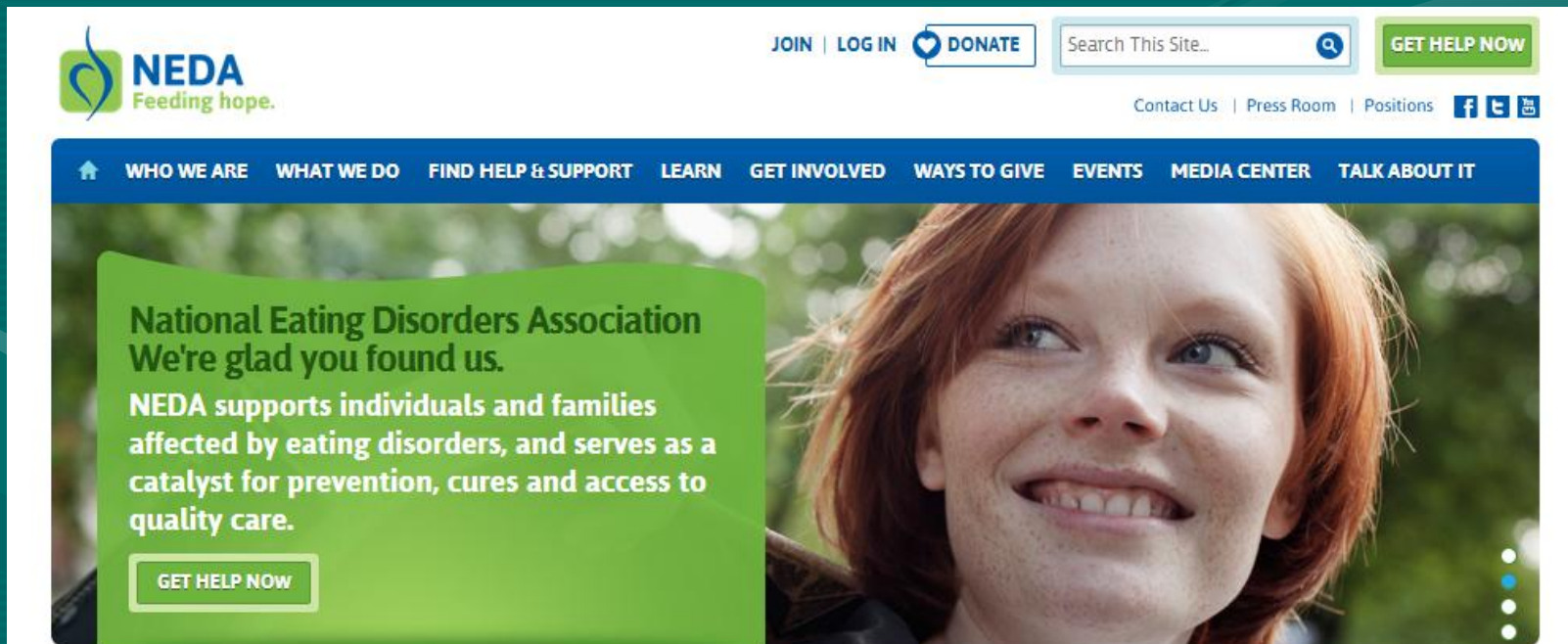
(Mellin et al., 1991).

Additional Statistics

- Eating disorders affect up to 24 million Americans and 70 million individuals worldwide.
- Today, 1 out of every 100 teenagers will suffer from an eating disorder.
- 1 million boys and men (10-15% of all eating disorder patients are male) struggle with eating disorders or borderline conditions.
- The number of people with eating disorders is triple the number of people living with AIDS in the United States.

What is an Eating Disorder?

- Refer to Handout
- [National Eating Disorders Association Website](#)



The screenshot shows the NEDA website homepage. At the top left is the NEDA logo with the tagline "Feeding hope." To the right are links for "JOIN | LOG IN" and a "DONATE" button. A search bar labeled "Search This Site..." is next to a "GET HELP NOW" button. Below the header is a navigation menu with links: "WHO WE ARE", "WHAT WE DO", "FIND HELP & SUPPORT", "LEARN", "GET INVOLVED", "WAYS TO GIVE", "EVENTS", "MEDIA CENTER", and "TALK ABOUT IT". The main content area features a large image of a smiling young woman with red hair. Overlaid on the left side of this image is a green box containing the text: "National Eating Disorders Association We're glad you found us. NEDA supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care." Below this text is a "GET HELP NOW" button. In the bottom right corner of the image, there are social media icons for Facebook, Twitter, and YouTube.

Cultural Influences

- Family
- School
- Media

As a group, brainstorm ways each of these influences could affect a person struggling with or is at risk of having an eating disorder

FAMILY

- One of the parents has an eating disorder
- Families who are overprotective, rigid, and have little communication
- Parents and/or siblings that overvalue physical appearance

SCHOOL

- Desire to fit in/popularity
- Be attractive to other students
- Poor grades—need for control over something
- Peer pressures

MEDIA

–Setting unrealistic standards

- 35% of TV actors/actresses are underweight (**real world: 5%**)
- 2% of TV actors/actresses are overweight (**real world: 25%**)

Media glorifies thinness.

Average woman is 5'4", 165 lb (sz 14)

Average model is 5'11", 117 lb. (sz 0)

- **Models are thinner than 98% of women** (majority of women are size 12 or higher in the US)
- **Average male weight is 190 lb.;** average dimensions for a **male model** are a height of 5'11" - 6'2" and a weight of **140-165 lbs.**

Starts young.

- Of American, elementary school girls who read magazines:
 - **69%** say that the **pictures influence their concept of the ideal body shape.**
 - **47%** say the **pictures make them want to lose weight**

Media Trickery

- [Dove Evolution YouTube Clip](#)



Assess yourself.

- Anonymous Eating Disorders Online Screening
 - Does not take the place of a physician
- **Assignment:**
 - Eating Disorders Scenario