

Eating Disorders & Body Image Facts & Stats



Anorexia Nervosa: A severe impairment in body image; misperception of being overweight; refusal to eat; excess weight loss; strong efforts to control hunger.

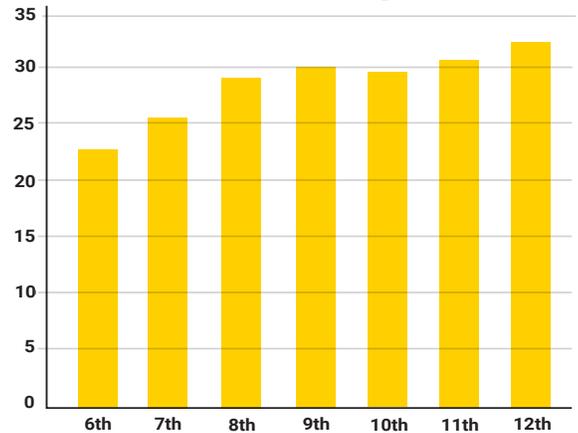
Bulimia Nervosa: Mixed periods of excessive eating and dieting, involving purposeful elimination of large amounts of food or fluid via vomiting, diuretics, fasting, excessive exercise, laxative use, enemas and diet medication; feeling unable to stop when bingeing; negative body image; bingeing occurs in private and is triggered by negative emotions.

Binge Eating Disorder: Loss of control over eating resulting in weight gain or obesity; occurs in episodes; continuing to eat when full or not hungry, even to the point of discomfort.

Orthorexia Nervosa: An obsession with healthy or 'clean' eating resulting in negative physical and psychological consequences.

Avoidant/Restrictive Food Intake Disorder (AFRID): Decreased appetite and food avoidance, often accompanied by abdominal pain and fear of vomiting.

Teens Who Describe Themselves as Overweight



Centers for Disease Control and Prevention. Division of Adolescent and School Health. (2017). Youth risk behavior Survey, Youth Online, Middle and High School.

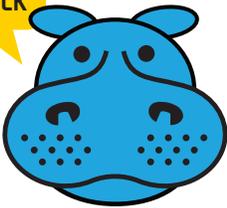
The Road to Exercise Addiction

Phase I – When a recreational exerciser begins to exercise not just for health benefits but to escape negative feelings or experiences.

Phase II – When exercise becomes so much the focus of daily life that it is problematic, with increasingly negative effects on the physical body and social relationships.

Phase III – When exercise becomes so much the main activity of life that the individual is no longer in control but is controlled by the addiction, with negative physical, social and emotional consequences, including depression.

NO FAT TALK



FAT TALK: NEGATIVE BODY COMMENTS OR BODY SHAMING ABOUT SELF OR OTHERS

Age 6

By age six, children (especially girls) begin to feel worried about their body weight and shape.

8-11

On average, girls begin dieting between age 8-9 and boys between age 10-11.

Social Media & Negative Body Image

Research indicates the more time youth spend on social media, the more their negative feelings about their body increase. Teens who reported posting more pictures online had more negative perceptions of their body. What causes this?