



Western  
Health

# Body Image

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# Objectives:

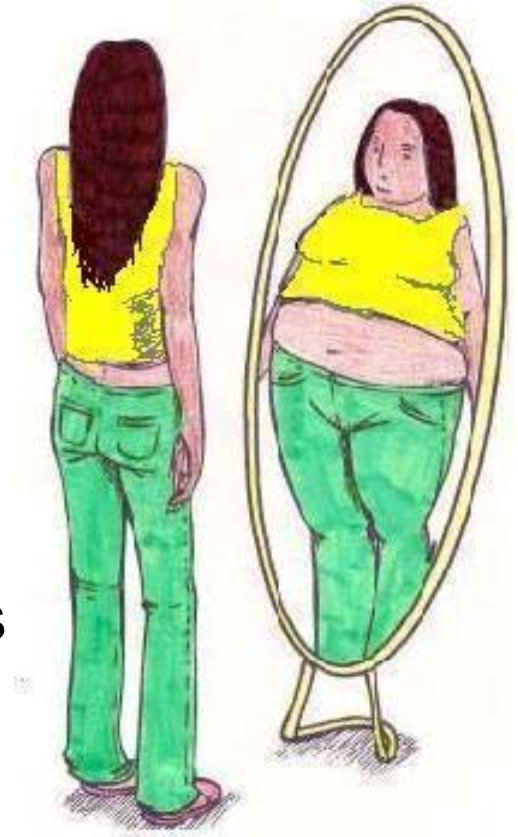


You will learn:

- What body image is all about.
- What can influence your body image.
- Become familiar with two common types of eating disorders.
- What you can do to improve your body image.

# What is Body Image?

- How you see yourself when you look in the mirror.
- How you picture yourself in your mind.
- How you think your body looks to others.



# Positive Body Image is:

- Accepting your body the way it is.
- Appreciating your shape, size and other physical characteristics.



- Remembering that how you look doesn't define the person you are.
- Feeling comfortable with who you are.

# Negative Body Image is:

- Not accepting your body the way it is.
- Feeling ashamed or self-conscious about the way you look.
- Being overly self critical and comparing yourself to others.



**Body image affects your self esteem.**

# What is Self Esteem?

- Your opinion of yourself and how you value yourself as a person.
- It includes:
  - Having a positive attitude and valuing yourself.
  - Having confidence in your own abilities.



A healthy self esteem means liking yourself just the way you are.

# Factors affecting body image:

- Low self esteem
- Criticism from others
- Changes in your body during puberty
- Discrimination
- Physical, emotional, or sexual abuse
- Feeling depressed or anxious
- Interactions with friends or classmates
- Influences in the media and popular culture



# Barbie



# If Barbie was real:

- Her back would be too weak to support her upper body.
- Her body would be too narrow to contain more than half of her liver and a few centimeters of bowel.
- She would die from malnutrition.





# Facts:

- Everyone is different.
- Different cultures have different ideas of what is attractive and beautiful.
- The perception of an ideal body type has changed over time.

# 1940's Marilyn Monroe



# 1950's Betty Paige



# 1960's Twiggy



# 1990's Kate Moss





# Facts:

- More than 80% of high school girls try to change their weight.
- Over 50% of girls who see themselves as the “right” weight still try to lose weight.
- 40% of adolescent boys are dissatisfied with their bodies.
- Girls as young as 5 and 6 are engaging in weight control measures.
- An estimated 450,000 women suffer from eating disorders in Canada.

# An eating disorder is:

- When a person eats, or avoids eating, in a manner which negatively affects both one's physical and mental health.

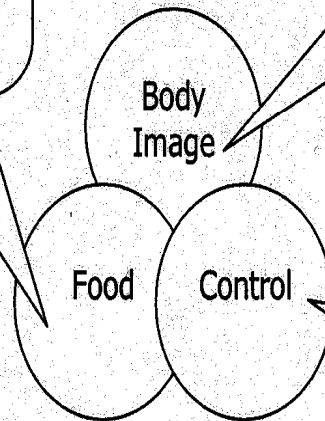
**A person can be any size and have an eating disorder.**



# Eating disorder occurs when:

- A person is constantly thinking about eating or not eating.
- Feels out of control around food.
- Uses food to meet needs other than hunger.
- Becomes obsessed with food, weight, and body shape.

- A person uses food to meet needs other than hunger
- A person is constantly thinking about eating or not eating



- Weight and body shape become an obsession
- The person's self-esteem or self-worth are determined by their weight or body shape

- A person tries to control food when other parts of their life are out of control.
- A person feels out of control around food



# Eating Disorders: Facts

- 35 - 75% of women with serious eating and weight problems have experienced abuse.
- More are likely to develop drug or alcohol addictions.
- May suffer from depression.
- Most eating disorders begin in the teenage years.



# Risks for developing an eating disorder:

- Having unrealistic expectations of yourself.
- Low self esteem and poor body image.
- Personal and family conflict.
- A family member with an eating disorder.

# Most Common Eating Disorders:

- Anorexia Nervosa
- Bulimia Nervosa

# Anorexia Nervosa:

- A psychological disorder where a person is obsessed with being thin.
- Extremely low body weight and body image distortion.
- Obsessive fear of gaining weight.





# Symptoms:

- Severe weight loss
- Excessive exercising
- Refusing food in fear of gaining weight
- Increased growth of facial hair
- Feeling cold all the time
- Irregular or absent period (amenorrhea)
- Dry, yellow skin



# Bulimia Nervosa:

- A psychological disorder
- Recurrent binge eating followed by compensatory behaviors:
  - Self induced vomiting (purging)
  - Fasting
  - Laxatives
  - Over exercising



# Symptoms:

- Preoccupied with food
- Distorted perception of body weight and size
- Frequent dieting
- Abuse of laxatives, diet pills and diuretics
- Compulsive exercising
- Vomiting after eating
- Irregular periods
- Heart damage
- Depression

**May not have any weight loss.**

# Eating Disorders:

- Are **very** serious conditions.
- Don't go away on their own.
- People with eating disorders require treatment to manage their conditions.
- In extreme cases can cause death.

# Eating Disorders:

If you or someone you know has an eating disorder, talk to someone you trust.

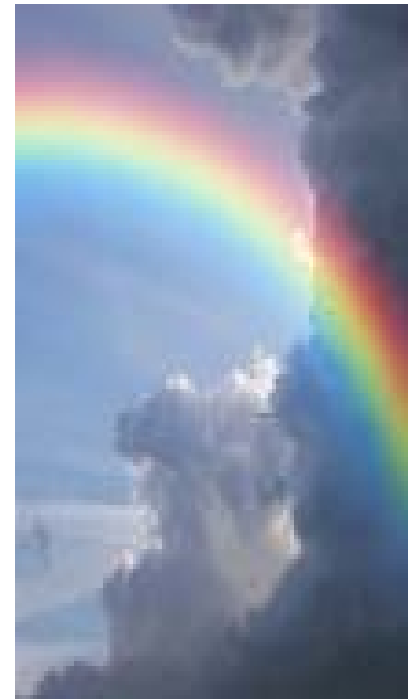
- Teacher
- Guidance Counselor
- Public Health Nurse
- Parents
- Family Doctor





# How to improve your self esteem:

- Feel good about who you are.
- Focus on the positive.
- Make realistic goals and work on achieving them.
- Do things you enjoy.
- Accept compliments when you receive them.
- Believe in yourself.
- Have faith in your abilities.
- Be proud of past successes.





# Summary:

- A healthy body image is important for a healthy self esteem.
- Everyone is different.
- “Ideal” body types change over time.
- Anorexia nervosa and bulimia nervosa are serious eating disorders.

**If you or someone you know has an eating disorder, talk to someone you trust.**