



# Preventing Disordered Eating and Poor Body Image



# Objectives

- Understand the symptoms and the prevention of “Disordered Eating”
- Identify “Fat Talk” and discuss ways to decrease it’s impact in your schools
- Create awareness of major body image triggers



# What is Disordered Eating?

Definition: classification to describe a wide range of irregular eating behaviors that do not warrant a diagnosis of a specific eating disorder such as anorexia or bulimia

# Irregular Behavior Themes

## Numbers

- Frequently calculating numbers of calories, fat grams, and carbohydrates
- Frequent scale use and obsession with the number
- Exercise with the sole purpose of burning calories, not for health or enjoyment

# Irregular Behaviors cont.

## Food Obsession

- Feeling out-of-control when eating
- Extreme dieting
- Weight loss, control of food and dieting are major life concerns
- Feeling ashamed, disgusted or guilty after eating

# Irregular Behaviors Cont.

## Body Image and Self-Worth

- Constant worry regarding weight and body shape
- Frequent negative comments regarding body size and undesirable body parts
- Identity and value is based on weight and appearance

# FAT TALK

- Negative comments about body and food
- Any type of statement that reinforces the thin ideal
- Examples
  - I look so fat!
  - My diet starts tomorrow
  - My stomach is so flabby
  - I am such a pig, I can't believe I ate that
  - I hate my body!

# FAT TALK

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# How Do We Fight Back?

- Motivators
- Labeling of Food
- Measuring Devices
- Calorie Mindset
- Media Influences



# Identify Motivators

- Webinar: Health at Every Size

*“Are you here to change the way you look or improve your health?”*

# Eliminate Labels

- Food Labels
  - Good vs. Bad
  - Healthy vs. Junk
  - Right vs. Wrong
  - Light vs. Fattening
  - Clean vs. “Dirty?”

# Re-scripted Labels

- New Labels
  - Most-of-the-Time
  - Some-of-the-Time
  - Nutrient Dense
  - Fun
  - Lifestyle Habits

# Measuring Devices

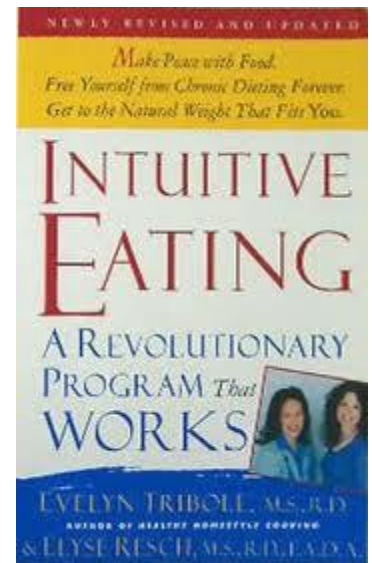
- BMI
- Scale

*What can it measure?*



# Calorie Mindset

- Awareness of Perfectionism
- Use terms such as approximately, on average, or a good “ball park”
- The body is not exact math!!
- Principles of Intuitive Eating
- Quote from current client:
  - “Math is the Ultimate Slippery Slope”



# Media Influences

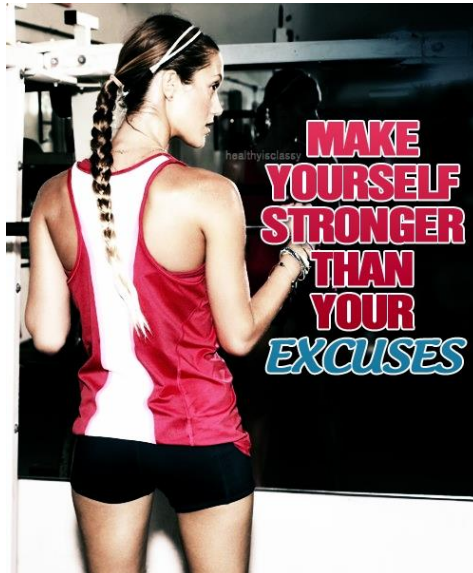
- Fitness and health magazines
- Pinterest





# Messages from My Clients

**IF YOU'RE  
TIRED OF  
STARTING  
OVER, STOP  
GIVING UP.**



**MAKE  
YOURSELF  
STRONGER  
THAN  
YOUR  
EXCUSES**



You can feel sore  
tomorrow or  
you can feel sorry  
tomorrow.  
**YOU CHOOSE.**

Discover  
the **WHY**



## Messages cont.

- Be grateful for all your body can do
- Your body isn't Math!!
- Surround yourself with those who are focused on your abilities, talents and personality traits
- Become aware of how **false** media images can be
- Question anything that is extreme



# Our Role

- It's time to end Fat Talk
- It's time to dismiss the Thin Ideal
- It's time to be kind and gentle with ourselves.
- It's time to love our unique bodies.