"GASTROANOMIE
Global Indigestion?"

Cf., Chapter 8

Gillian Crowther
• The Obesity Epidemic

• Disordered Body Image and Eating Behaviors

• Eating Disorders
  • Anorexia nervosa
  • Bulimia nervosa
  • Binge eating
  • Orthorexia nervosa
  • Selective Eating Disorder (SED)
  • Pica
  • Others

• What Causes Eating Disorders?

• Applications
“As more and more North Americans gain excess weight, it is not surprising that the proportion of people dissatisfied with their bodies’ size and shape has also increased.”

The Cultural Feast, 2nd ed., p. 109
Very young children are rarely concerned about their weight . . .

By 6 or 7 many children start worrying about how they look and want to be thinner . . .

*The Cultural Feast, 2nd ed.*, p. 109
Body discontent typically increases with the onset of bodily changes during adolescence . . .

. . . even already in the early 1990s between 50% and 80% of teen girls in the U.S. were dissatisfied with how their bodies look

(Mossavar-Rahmani et al. 1996; Parker et al. 1995)

*The Cultural Feast, 2nd ed.*, p. 109
Teenage girls 'hate their bodies'

Almost every teenage girl hates the way they look, a survey suggests. One in five is so unhappy they suffer from anorexia or bulimia.

The survey of 2,000 girls for Bliss magazine found six out of 10 would be happier if they lost weight.

The findings were published to mark the start of the magazine’s "Love your body" campaign to help teenage girls come to terms with their body shape.

Editor Helen Johnson said it is "tragic" so many girls want to be thin.

Body image

The survey found that while 19% of those questioned were overweight, 67% thought they needed to lose weight.

http://news.bbc.co.uk/2/hi/health/3368833.stm
girls worry about looking fat . . .

. . . boys tend to be more concerned that they don’t appear big and strong enough. . . .

(Sobal 1955b)

The Cultural Feast, 2nd ed., p. 109
This dissatisfaction usually continues throughout adulthood, and eventually declines during the later years when it is replaced with concerns about overall health.
many people are dissatisfied with their appearance because they overestimate how much they weigh
In a study of female college students, only one-third of the girls who thought they were fat actually exceeded healthy weight limits.

(Centers for Disease Control and Prevention 1997)
... only about half of the adults who perceive themselves as overweight actually are.

(Centers for Disease Control and Prevention 1997)

*The Cultural Feast, 2nd ed.*, p. 109
Unfortunately body dissatisfaction often leads to unhealthy eating practices . . .

- chronic dieting
- “yo-yo” dieting
- use of diet pills and laxatives
- vomiting

*The Cultural Feast, 2nd ed., p. 109*
Important ethnic differences exist in perceptions of the ideal body size and responses to believing that one is overweight

• but in the United States these differences may be decreasing as the cult of thinness is adopted by many Hispanic, Native American, and, to a lesser extent African American youth

*The Cultural Feast, 2nd ed., p. 109*
In general, Euro-Americans are the most likely to overestimate their bodies’ weights.

They score substantially lower than Afro-Americans and Native Americans on numerous measures of body satisfaction and self-perception.

(Parker et. al. 1995)

*The Cultural Feast, 2nd ed.*, p. 109
Research findings are mixed but it appears women of Hispanic descent are more accepting of a larger body ideal . . .

However, as Hispanics acculturate into U.S. society, they too begin to adopt thinner body ideals and disordered eating practices . . .

(Harris, Walters, and Waschull 1991; Miller et. al. 2000)

*The Cultural Feast, 2nd ed.*, p. 110
Native Americans have also been thought to prefer a larger body size than Euro-Americans . . .

However, research suggests Native American children may be adopting mainstream ideals for thinness . . .

(Davis and Lumbert 2000; Davis et. al. 1999; Stevens et al. 1999)

*The Cultural Feast, 2nd ed.*, p. 110
as a group, African Americans enjoy the highest level of satisfaction with how they look . . .

(Miller et al. 2000)

*The Cultural Feast, 2nd ed.*, p. 110
African Americans are also less likely to be preoccupied with weight loss, even if they are moderately overweight . . .

focus group interviews with African American teens reveal that their ideals of beauty are more flexible than those of other groups . . .

(Miller et al. 2000)

_The Cultural Feast, 2nd ed., p. 110_
focus group interviews with African American teens reveal that their ideals of beauty are more flexible than those of other groups, with less emphasis on body size and shape and more concern with projecting confidence, positive attitude, and style. . . .

(Parker et al. 1995)

*The Cultural Feast, 2nd ed.*, p. 110
despite higher levels of satisfaction with their bodies, similar proportions of African American girls try to lose weight as Euro-Americans and Hispanic Americans . . .

• increasing numbers of African American teens are using laxatives and diuretics to control their weight

(MDConsult 2002)

*The Cultural Feast, 2nd ed.*, p. 110
The girls from New Moon in Duluth have focused on the problem . . .
Turn Beauty Inside Out T-shirt

Detailed Description
This T-shirt was designed for our Turn Beauty Inside Out Campaign. It has the words, "If the definition of beautiful gets any thinner no one will fit" down the center of the shirt. It is available in black only, in Children’s 6-8 through Adult XXXL.

http://www.newmooncatalog.com/prodinfo.asp?number=C01-TBIO
If the definition of beautiful gets any thinner no one will fit

Duluth, Minnesota

http://www.newmooncatalog.com/prodinfo.asp?number=C01-TBIO
Widespread body dissatisfaction and chronic dieting have drawn concern from health professionals, psychologists, educators, and sports administrators because of the impact they have on people’s emotional and physical health.
Body dissatisfaction is associated with . . .

- obsessive-compulsiveness
- anxiety disorders
- depression

*The Cultural Feast, 2nd ed., pp. 110-111*
Chronic or yo-yo dieting not only is ineffective in controlling excess weight, but also increases the chances of . . .

- dying from cardio-vascular disease
- osteoporosis
- and cancer

(Cogan and Ernsberger 1999)

*The Cultural Feast, 2nd ed.*, p. 111
Many weight-loss methods have short- as well as long-term risks . . .

• muscle depletion
• mood disorders
• heart problems
• increased risk for more serious eating disorders
  • anorexia nervosa
  • bulimia . . .
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The Cultural Feast, 2nd ed., p. 111
Body image

"I have been making myself sick since I was 13, I am now 17...it controls my life and I can't stop. I don't want help. It's my life."

You have to be a very hard hearted editor not to be deeply moved by the Radio 1 audience’s struggle with eating disorders and body image. No-one who has any contact with teenagers or early 20-somethings can fail to understand how large this looms as an issue: it destroys lives - and frankly, it doesn’t get much news coverage.

The number of young people being admitted to hospitals for problems related to Anorexia has gone up 80% in 10 years, according to NHS figures for England. Three times as many 12-year-olds are now getting help for the condition.

http://www.bbc.co.uk/blogs/theeditors/2009/02/body_image.html
Finally, there is some recent suggestion that body image concerns may be partly genetic . . .
BODY IMAGE CONCERNS HARDWIRED INTO WOMEN'S BRAINS

Even women who are confident about their bodies have an internalized desire to be a certain size and shape.

By Emily Sohn | Fri Apr 16, 2010 07:00 AM ET

THE GIST:

• Subconsciously, even confident women may be concerned about their weight.
• More women than expected might be on the edge of an eating disorder.
• For women, body image is wrapped up with cultural ideals of beauty.

To be an American woman and feel good about your body requires a powerful inner strength and the will to resist an "idealization" of beauty.

Finally, there is some recent suggestion that body image concerns may be partly genetic . . .

which makes it an even better subject for anthropological holistic analysis
more on body image with the discussion of eating disorders . . .