World Eating Disorders Action Day

BODY IMAGE

It is how you see yourself when you look in the mirror or when you picture yourself in your mind.

What you believe about your own appearance?

How you feel about your body, including your height, shape, and weight.

Your body image is made up of the thoughts and feelings that result from how you perceive your physical self. It can be positive or negative, as the body dissatisfaction

72% Present body dissatisfaction
5% Wish they were thinner
25% Wish they were robot
37% Present body dissatisfaction
70% Wish they were thinner
8% Wish they were robot

Poor body image can lead to: depression, anxiety, alcohol and other drug abuse and develop an eating disorder

Some signs that you or someone you know might have with a negative body image

1. Obsession with weight and shape
2. Constantly comparing body size
3. Risk eating behavior (restrictive diets, excessive exercise, binge eating, diet pills, laxative use)

When the people are then body image dissatisfaction (ED) highly dissatisfied and may develop a

ED is a psychological disorder.

So who are the health professionals that attend it?

The psychologists should be the first contact for their diagnosis and treatment.

However, it is necessary a multidisciplinary team among psychologists, nutritionists and other health professionals for the best treatment.

Know, value and accept your body image!

E-mail: maria_bautista@uahem.edu.mx