

Not So Fun Facts

24 million people of all ages and genders suffer from an eating disorder.

Only 1 in 10 seek treatment and males are less likely because of perceived stigma.

86% report the onset of an eating disorder by age 20.

50% of female teens & 33% of male teens use unhealthy weight control behaviors.

#1 wish for girls 11-17 to be thinner.

80% of 10 year olds have dieted.

50% of American women are on a diet at any given time.

95% of all dieters will regain within 5 years.

By 17, a person will have received 250,000 commercial messages.

69% of girls say models influence their idea of a perfect body.

Women between the ages of 18-34 have:

7% chance of being as thin as a catwalk model

AND

1% chance of being as thin as a supermodel.

68% of women report feeling worse after looking in a woman's magazine.



Questions to Ask:

Are you practicing authenticity?

Are you practicing vulnerability?

Evaluating your words:

Do you have fat free talk?

Do I should on myself?

Evaluating your attitudes:

Do I believe in good and bad foods?

How do I judge overweight people?

What do I do when I fail? Others fail?

Evaluating your actions:

Where do my actions differ from my words?

