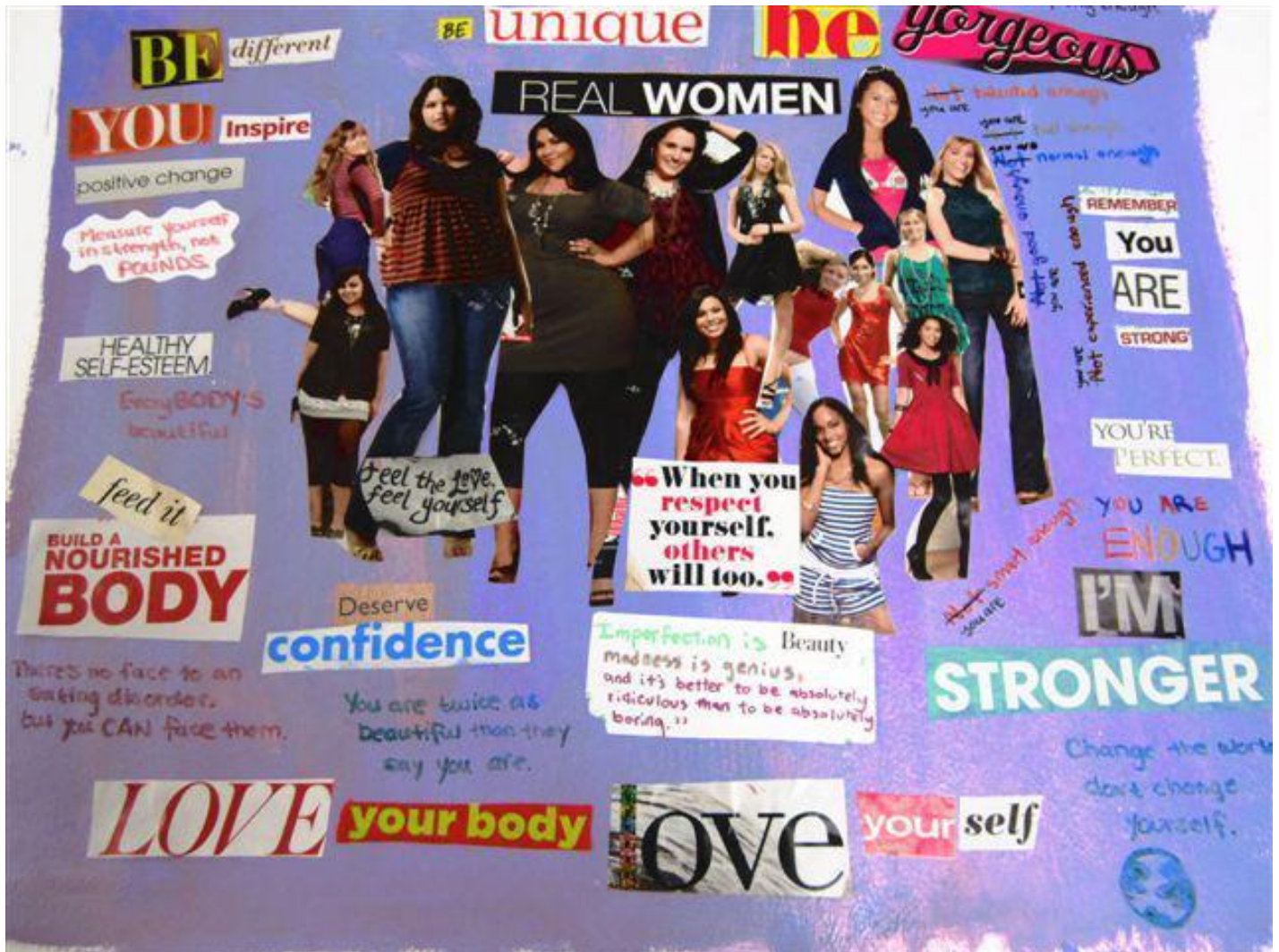


## Love Our Bodies Love Ourselves

### Resource Package

### Provincial Eating Disorders Awareness Week (PEDAW) 2012



# Table of Contents

<b>Introduction</b>	<b>3</b>
How you can support the “Love Our Bodies Love Ourselves” movement	3
<b>Resources</b>	<b>4</b>
Books and Articles	5
Videos	6
Websites	7
Workbook and Curriculum	8
<b>PEDAW 2012 Planning Team</b>	<b>10</b>
<b>Appendix</b>	<b>11</b>
1. Ideas for taking part in the “Love Our Bodies Love Ourselves” Movement	11
2. Poems	14
3. Affirmations	15
4. Did You Know?	17
5. Statistics	18
6. Contact Information	19

## Introduction

Provincial Eating Disorders Awareness Week (PEDAW) is launched the first full week in February with activities and events taking place throughout the year. It is a province wide effort to raise awareness around prevention and early intervention of eating disorders as well as media literacy, resiliency, building healthy body image and self-esteem. In BC, we have an enthusiastic group of service providers including teachers, clinicians, community nutritionists and peer support workers, participating in the planning. This resource package is intended to support the launch of some meaningful and engaging discussions, as well as activities at your school or your work place. We ask you to take part in supporting the “Love Our Bodies Love Ourselves” movement in promoting health and preventing disordered eating and eating disorders.

## How can you support the “Love Our Bodies Love Ourselves” movement: A Call for Action

- Send in an affirmation or positive message to “Love Our Bodies Love Ourselves” [Facebook Page](http://www.facebook.com/loveourbodiesloveourselves) [www.facebook.com/loveourbodiesloveourselves](http://www.facebook.com/loveourbodiesloveourselves) starting Feb 5th, 2012
- Send the [Facebook page](#) link to your friends, family and your networks to bring awareness
- Send in activities you have organized or you plan to organize to Jessie’s Legacy PEDAW 2012 event listing page in order to generate a full list of activities demonstrating your support of the movement
- Organize your FLASH MOB to bring awareness to the public on how to love our bodies and to love ourselves
- Start conversation about this movement and what it means to you. Talk to your family, friends, neighbours, or anyone else in your life.
- Organize activities in the classroom, home or workplace and generate ideas about how we can love our bodies and love ourselves
- Attend education sessions and help to promote the educational events from our planning group, Check out the PEDAW 2012 event listings from [Jessie’s Legacy webpage](#)
- Be creative and continue to add your suggestions, reflections and actions to the Love Our Bodies Love Ourselves [Facebook page](#)

Free resources available to support you to participate in the “Love Our Bodies Love Ourselves “ movement:

- You can order a free PEDAW 2012 Information Package: Love Our Bodies Love Ourselves for your school, group or organization as reference. The package is developed by the PEDAW Planning Committee and it includes a full listing of suggested activities, examples of affirmations, poems, statistics and resources on books, video clips, curriculum and website resources. It is downloadable from [Jessie’s Legacy website](http://www.familyservices.bc.ca/professionals-a-educators/jessies-legacy) <http://www.familyservices.bc.ca/professionals-a-educators/jessies-legacy>
- You can order “Love our Bodies Love Ourselves” wristbands (quantities are limited, first come first served. To order, please call Amy @ 604-875-2084 or Toll free 1800-665-1822 or email: [kellycentre@bcmhs.bc.ca](mailto:kellycentre@bcmhs.bc.ca)
- If you are looking for a potential speaker for your event in Vancouver Coastal Health and Fraser Health Region, please contact Shelley Hine @ 604-998-5281x204 or email [hine@familyservices.bc.ca](mailto:hine@familyservices.bc.ca)

**For more information, please contact Mimi Hudson, Provincial Lead for the PEDAW at 604-988-5281 ext:216 or email: [mhudson@familyservices.bc.ca](mailto:mhudson@familyservices.bc.ca)**

## Resources

### Organizations providing support and resources on Disordered Eating and Eating Disorders in BC

#### Jessie's Legacy

Jessie's Legacy, a program of Family Services of the North Shore, provides eating disorders prevention education, resources and support for BC youth, families, educators, and professionals.

Jessie's Legacy services and resources are primarily web-based. In addition, Jessie's Legacy provides media watch, online and telephone support, psycho-education groups for parents and teens, as well as an Eating Disorder Support Group for Parents, Partners, and Friends.

Fact Sheets on Disordered Eating, Resiliency, Media Literacy, Body Image and Self Esteem can be easily downloaded from the Jessie's Legacy Resources for Educators page.

#### Kelty Mental Health Resource Centre

The Kelty Mental Health Resource Centre provides information, resources and peer support to youth and families on all areas of mental health including eating disorders through an Eating Disorders Peer Support Worker and a Parent Peer Support Worker. The centre is located at the Mental Health Building, BC Children's Hospital site on the 3<sup>rd</sup> floor Room P3-302 . Please browse their website at <http://kelymentalhealth.ca> & <http://keltyeatingdisorders.ca> . You can also email them at [kelycentre@bcmhs.bc.ca](mailto:kelycentre@bcmhs.bc.ca)

Information on eating disorders can be found in the Kelty blog and YouTube channel <http://kelymentalhealth.ca/blog/tags/71> & <http://www.youtube.com/user/KeltyMentalHealth>.

The Kelty site is an excellent resource for the community to help with eating disorders, depression, anxiety and other mental health challenges.

## Books and Articles:

**Adonis Complex: How to Identify, Treat, and Prevent Body Obsession in Men and Boys** (2000) by Harrison Pope, Katharine A. Phillips, & Roberto Olivardia

More and more boys and men are taking the quest for physical perfection beyond the bounds of normal behaviour. This book identifies the symptoms and warning signs of this dangerous problem and gives readers hands-on advice.

**The Beauty Myth: How Images of Beauty Are Used Against Women** (2002) by Naomi Wolf

Feminist Naomi Wolf argues that women's insecurities are heightened by the ubiquitous images of tall, nearly emaciated mannequins advertising the latest miracle cosmetic. These insecurities are then exploited by the diet, cosmetic and plastic surgery industries. This best-selling self help book helps to redefine our view of the relationship between beauty and female identity.

**The Body Image Workbook: An Eight-Step Program for Learning to Like Your Looks** (2008) by Thomas F. Cash

This revised edition of *The Body Image Workbook* offers a unified method of dealing with body image issues. It provides new research that verifies the effectiveness of its cognitive-behavioral approach. This self help workbook presents fresh discussions of cosmetic surgery, weight loss, and other body-fixing options, in addition to guidance for those who have physically disfiguring conditions. Also new in this edition is an emphasis on mindfulness and acceptance practices.

**Bodylove: Learning to Like Our Looks and Ourselves-- A Practical Guide for Women** (2002) by Rita Freedman

This self help book is for women who want to become less critical about their appearance, less preoccupied with weight and more in love with themselves – physically, sexually, and emotionally. Combining vivid case histories, practical techniques and simple exercises for moving from body-loathing to body-love, the book addresses family expectations, self-esteem, aging and social values.

### Disordered Eating and Obesity

Fact sheet on disordered eating and obesity with recommendations on a collaborative approach among those working to prevent obesity and reduce the incidence of disordered eating.

### Facts for Youth about Disordered Eating

A fact sheet on disordered eating for youth and families.

**Feed Me! Writers Dish about Food, Eating, Weight, and Body Image** (2009) by Harriet Brown

This collection of essays by women addresses food, fat, and body image

**Health at Every Size: The Surprising Truth About your Weight** (2010) Linda Bacon | VPL

This book argues for size acceptance and discusses how to remain healthy regardless of your weight.

**I'm, Like, So Fat! Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight- Obsessed World** (2005), by Dianne Neumark-Sztainer

The author shows parents how to strike the difficult balance between bolstering self-esteem and offering constructive advice.

**No Body's Perfect: Stories by Teens about Body Image, Self-Acceptance, and the Search for Identity** (2003) by Kimberly Kirberger

Through powerful stories and poems from real teens, as well as personal tales and advice from the author, this book strives to help girls learn to accept, love, and appreciate their bodies--and, in turn, to love themselves.

**Perfect girls, starving daughters: The frightening new normalcy of hating your body** (2007) by Courtney E. Martin

It is no longer enough for girls to be good, says journalist and teacher Martin in her debut book. Girls must now be perfect, and that need for perfection is played out in women's bodies. In this book Martin explores the forces that drive young women to sacrifice themselves on the altar of perfection.

**Videos:**

**End Fat Talk**

Join the effort in ending fat talk so that more understanding to body image issues and its damaging impact of the thin ideal on women

**Kelty YouTube channel on eating disorders**

Information on eating disorders can be found in the Kelty blog and YouTube channel

<http://keltymentalhealth.ca/blog/tags/71> & <http://www.youtube.com/user/KeltyMentalHealth>

**This is my body: A film by high school girls** (2006) by Leanne Levy

Suitable for teachers, parents and health professionals, this film presents the lives of teenage girls brave enough to share their experiences and secrets about what it means to be a girl at this time of their lives.

**One body to love (2010) Van West Film Production**

A short Documentary Film on Body Image and Disordered Eating in today's youth.

**Shredded** (2005) by Douglas C Taplin and Richard Gaudio

"Shredded" is about a group of teenage boys who want to transform their bodies so they become "shredded" like the muscle-filled bodies of their media heroes. This documentary is designed to provoke discussion among teenagers - both boys and girls - about body image and the line between healthy and dangerous behaviour.



### **Weight Bias at Home & School** (Yale Rudd Centre's video)

The video aims to help parents and teachers understand the detrimental impacts of weight bias in school and at home on children who are overweight or obese and to present strategies to help combat this rapidly growing concern.

## **Websites:**

### **Adios Barbie**

Bills itself as a “body image site for every body.” The satiric humour of this site extends to their interactive game, Feed the Model, where the arrows on your keyboard let you pitch food with varying caloric content into the mouth of the skeletal dancing model. Each successful throw causes her to gain weight and liberate herself from starvation.

### **Body Positive**

This is a site committed to helping women feel good about the bodies we have. Their motto, Change Your Mind, Change Your Culture, and Let Your Body Be, informs their website, which suggests, among other things, “taking up occupancy inside your own skin, rather than living above the chin until you're thin.” One page asks the question, What will you miss out on if you fail to love your body and treat it as it truly deserves to be treated? The reader responses are powerful and often wrenching.

### **Here to Help**

A BC-based website on mental health and substance use, which has a section of body image resources, including how to deal with media images of perfection, resiliency and eating and living well.

### **National Eating Disorder Information Centre (NEDIC)**

A Canadian website that provides information and resources on food and weight preoccupation, body image and self-esteem, and treatment and recovery of Eating Disorders. Search for ‘body image’ to find articles on body image and links to other websites.

### **National Eating Disorder Association (NEDA)**

US based organization with wide range of resources on eating disorders, including looking at eating well and feeling good about yourself. The site also provides links to a variety of factsheets on eating disorders in men and boys, including a fact sheet on body image.

### **The Joy Project**

The Joy Project is a non-profit organization based on the philosophy of using real-world, workable solutions to end the epidemic of eating disorders. We work towards reducing the rate and severity of eating disorders by supporting and conducting research, education, and support programs.

### **Something Fishy**

A US-based website that provides comprehensive information on Eating Disorders, including information on body image, seeking treatment, and providing support. Website also available in French and Spanish.

### **We are the Real Deal**

The goal of this body image focused blog is to provide a space where women of all shapes, sizes, colours, lifestyles, opinions, and beliefs can come together to talk, bang heads, rant and rave. Here you will find the latest news on eating disorders, get the scoop on Hollywood weight sagas, and hear from a wide range of individuals on their personal struggles with body image.

### **Workbook and Curriculum:**

Being Me Body Image module from **Action Schools! BC**

A module designed to assist schools in creating individualized action plans to promote healthy living. A body image curriculum for K1 to Grade 9 will be available for teachers by March 2012.

### **Body Image Health**

Provides a Model for healthy body image and curriculum materials for Grades 4 – 6. Lesson concept and activities may be adapted for any age, pre-school to adult.

**Centre for Clinical Interventions** [www.cci.health.wa.gov.au/resources/consumers.cfm](http://www.cci.health.wa.gov.au/resources/consumers.cfm)

Offers resources for consumers, mental health practitioners, and doctors, including workbooks on “Improving Self-Esteem.”

### **Promoting Healthy Body Image and Preventing Disordered Eating**

A power point presentation given at Summer Institute 2011 by Hing Tse, Kelty Mental Health Resource Centre; Jill Shaw, Health Promotion Consultant; Mimi Hudson, Jessie’s Legacy; Sarah Carten, Vancouver Coastal Health on tips for teachers in promoting healthy body image and preventing disordered eating.

### **Media Awareness Network-Body Image Lessons Plan**

Offers various lesson plans including handouts, backgrounders and overheads for teachers to engage Grade 3- 12 students in becoming more aware of the impact of media on their own self-esteem and body image.



### **Mission Nutrition**

Offers educators curriculum-based resources for Grades K to 8 with fun, healthy living lessons.

### **Real Beauty School Program**

A booklet designed for educators to help youth understand and deal with feelings about their physical appearance while learning how 'ideal' images of beauty are created.

### **The Student Body: Promoting Health at Any Size**

The Student Body is a teacher training module designed to help alert teachers (and parents) to the factors that can trigger unhealthy dieting among children, and ways to prevent it.

## PEDAW 2012 Planning Team:

Name	Organization	Email
Amy Candido	Peer Support Worker for Eating Disorders at Kelty Mental Health Resource Centre	<a href="mailto:kellycentre@bcmhs.bc.ca">kellycentre@bcmhs.bc.ca</a>
Cindy Ross	Child and Youth Eating Disorders Therapist at VCH Eating Disorders Program	<a href="mailto:Cindy.neufeglise-ross@vch.ca">Cindy.neufeglise-ross@vch.ca</a>
Deborah Grimm	Looking Glass Foundation Vice President	<a href="mailto:Dgrimm1@gmail.com">Dgrimm1@gmail.com</a>
Diana Mogensen	Special Education Teacher and Case Manager, Provincial Specialized Eating Disorders Program for Children and Adolescents BC Children's Hospital	<a href="mailto:dmogensen@cw.bc.ca">dmogensen@cw.bc.ca</a>
Heather Durkin	Occupational Therapist, Provincial Specialized Eating Disorders Program for Children and Adolescents BC Children's Hospital	<a href="mailto:hdurkin@cw.bc.ca">hdurkin@cw.bc.ca</a>
Hing Tse	Manager at Kelty Mental Health Resource Centre	<a href="mailto:htse@bcmhs.bc.ca">htse@bcmhs.bc.ca</a>
Joanne Crandall	Regional Clinical Team Leader for CYMH	<a href="mailto:Joanne.crandall@gov.bc.ca">Joanne.crandall@gov.bc.ca</a>
Johnny Morris	Acting Director, Mental Health Promotion for CMHA	<a href="mailto:Jonny.morris@cmha.bc.ca">Jonny.morris@cmha.bc.ca</a>
Kiera Ishmael	Project Manager, Health Literacy, BC Mental Health & Addiction Services	<a href="mailto:kishmael@cw.bc.ca">kishmael@cw.bc.ca</a>
Kit Standish	Clinical Nurse Coordinator: Day Treatment Program, <i>Provincial Specialized Eating Disorders Program, BCCH</i>	<a href="mailto:kstandish@cw.bc.ca">kstandish@cw.bc.ca</a>
Lily Yiu	Special Education Teacher and Case Manager, Provincial Specialized Eating Disorders Program for Children and Adolescents BC Children's Hospital	<a href="mailto:lyiu@cw.bc.ca">lyiu@cw.bc.ca</a>
Margaret Loach	ED Counsellor at North Island Regional Eating Disorder Program	<a href="mailto:Margaret.loach@viha.ca">Margaret.loach@viha.ca</a>
Marketa Nykl	Clinician for North Fraser Eating Disorders Program	<a href="mailto:Marketa.nykl@gov.bc.ca">Marketa.nykl@gov.bc.ca</a>
Mary Lamoureux	Program Coordinator/Clinical Nurse Specialist Eating Disorders Program, Kelowna Mental Health	<a href="mailto:Mary.Lamoureux@interiorhealth.ca">Mary.Lamoureux@interiorhealth.ca</a>
Mary McCracken	Parent in Residence at Kelty Mental Health Resource Centre	<a href="mailto:kellycentre@bcmhs.bc.ca">kellycentre@bcmhs.bc.ca</a>
Mimi Hudson	Director of Community Programs at Family Services of the North Shore	<a href="mailto:mhudson@familyservices.bc.ca">mhudson@familyservices.bc.ca</a>
Patty Yoon	Provincial Coordinator/Nurse Educator for Providence Health Care	<a href="mailto:pyoon@providencehealth.bc.ca">pyoon@providencehealth.bc.ca</a>
Sarah Bourdon	Grade 8 Counsellor, Windermere Secondary School	<a href="mailto:sbourdon@vsb.bc.ca">sbourdon@vsb.bc.ca</a>
Sophie Vinette	Youth Clinician/Social Worker at Kelowna Eating Disorders Program	<a href="mailto:Sophie.vinette@interiorhealth.ca">Sophie.vinette@interiorhealth.ca</a>
Vanessa Lam	Community Nutritionist at VCH	<a href="mailto:Vanessa.lam@vch.ca">Vanessa.lam@vch.ca</a>

## Appendix 1

# Ideas for taking part in the “Love Our Bodies Love Ourselves” Movement

- Ask participants who stop by to think of three people they know who inspire them and write what is inspiring about that person. There are no limits on what they may find inspiring about these people except that they cannot focus on appearance.
- Have students write on paper, five things that they like about their bodies from a personal appearance perspective and/or five things they like that their body allows them to do (hug someone, dance, play piano, run, etc.).
- Have students write something on the slip of paper that they love about their body or are proud of about their physical appearance and why. “What about yourself are you proud of?”
- Get students to watch TV and write about the characters they saw and how it relates to negative or positive body image. What about commercials? What do they tell us about how we are to look?
- Write a fake letter to advertisers about the negative consequences of their images to people.
- Explore whether your cafeteria does culinary/healthy cooking demonstrations, or offers special lunches geared towards healthy eating or eating disorder awareness.
- Offer different menu days, such as a “no guilt” menu. Promote a healthy attitude toward indulgent foods. Promote the concept that all foods are acceptable in moderation.

- Have the school play inspirational music in the hallways after school with the themes of “respect” and “acceptance.”
- Designate a “Mirrorless Monday” and cover the mirrors in the bathrooms all over the school with positive affirmations.
- Have the students create a showcase display with powerful elements like smashed scales or “trashed” diet products.
- Designate a day to focus on healthy habits. Think of ways to reduce stress in a healthy manner.
- Create a wall of fame/wall of shame display. Collect ads from companies that depict real women and real men (including their flaws) in a positive manner through their advertising. Find ads that do NOT depict men and women in a positive manner. Attach “Warning labels” to them and write letters to the companies voicing concern about how their ads make people feel.
- Hold a debate of whether fat is good or bad for you.
- Have the student council at the end of the day say an announcement over the PA of a fact on eating disorders/body image. Example. “Did you know that approximately 5-10 million girls and women, and 1 million boys and men are suffering from eating disorders?” Or, “When was the last time you looked in the mirror and liked what you saw?”
- Get students to compile pictures and information about individuals who have had extremely important positive impacts on society despite what society says about their outer beauty.

Discuss how teenagers /adults today are influenced by the images portrayed in the media/fashion industry

Explore actions one can take to assist someone who suffers from an eating disorder

***Other Suggestions?***

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Source: NEDA 2006 Together Everyone Achieves More! An Action Packet for Launching an effective School Wide Eating Disorders Prevention Program By Wendy Soltau and Liz Falco

## Appendix 2

### Poems:

#### *Perfection*

*How do we love*

*Ourselves as we are*

*Bodies imperfect*

*Skinny fat or with scars*

*Expectations unrealistic*

*Weighing us down*

*Create disappointment*

*Worn like a gown*

*The story can be rewritten*

*New beginning in sight*

*We are holding the pen*

*We can make it all right*

*Perfection is illusion*

*Let's create different rules*

*New standards for beauty*

*No longer listening to fools*

*We are perfect in imperfection*

*It's something we all share*

*Let's have love for ourselves*

*Really start to care*



*Written for all you perfect people who don't know it yet. By: Richard J Lamoureux Jan 17, 2012*

## Appendix 3:

### Affirmations

*Incorporate the following daily thoughts into your school announcements and classrooms.  
The affirmations can be daily announcements for the school to use each morning*

I love my body and I take care of the needs of my body  
I am thankful for all the parts of my body that function correctly  
I accept my body as it is, my body is amazing!!  
I am beautiful and wonderful just as I am  
I am thankful for my body moving with ease  
My body is perfect just like this  
I appreciate all the movements that my body let me perform  
I choose joy and self-acceptance  
I can heal my body  
I am choosing to let go and as such I am taking control  
I am learning to love myself more every day  
I like myself and others like me  
I can handle any situation that confronts me  
I deserve the best that life has to offer  
I have the right to take time for myself every day  
I am learning to love myself every day  
I feel secure in my own self-worth  
I am a very positive, strong, and sincere person  
I have many talents, skills and gifts to offer  
I am more loveable and beautiful than I know  
I am the source of my own self-esteem  
I can respect and accept myself unconditionally  
I am thankful for my strength  
Come what may, my body is perpetually healthy, balanced and beautiful  
As I love myself, I allow others to love me too  
Today I choose to honour my beauty, my strength and my uniqueness  
I love my body. Every year I feel more relaxed and more attractive  
Today my own well-being is my top priority  
I am growing more beautiful and luminous day by day  
I love the way I feel when I take good care of myself  
I thank my body for being in such superb condition. I look and feel so good  
My body is beautiful and I love every inch of it!  
I am joyful at the sight of my own reflection  
My body has its own wisdom and I trust that wisdom completely  
I am fit, strong and healthy and have loads of energy  
I choose to see the divine perfection in every cell of my body





I rest when my body tells me to  
I love and approve of myself, am at peace with my own feelings and stand tall and free  
I will not feel guilty for caring for myself  
I will not be hard on myself today  
I am naturally beautiful when I am myself  
When I am content to simply be myself and don't compare or compete, everybody will respect me  
Taking time to honor the needs of my body is taking time to respect the needs of my soul  
When I fill my body with good things I need-rest, proper nutrition, satisfying work, loving and caring, my effectiveness grows  
Choosing positive thoughts and making positive choices fill me with new strength, confidence and excitement  
I bless my body with love. All parts of my body are beautiful  
I am worthy of positive changes today  
I have courage to go forward: to meet the new day, to handle whatever confronts me  
I have the power to choose what my attitude will be toward this day's offerings  
I deserve to feel good about myself today-and I do!  
Today I can bring awareness to my self-talk and replace all the negative thoughts with positive thoughts as soon as they appear in my mind  
I deserve love and respect as I am  
Today I know I have the right to be alive, happy, and full of joy  
I am grateful for who I am  
I appreciate, love, and respect my body. I will honour what it needs to grow emotionally and physically  
Whatever I am thinking right now is how I am feeling. I turn to the positive and loving thoughts because I choose to feel good  
I can move away from self-defeating habits  
I can refuse to think certain thoughts. I can also refuse to think a negative thought about myself  
I can watch my negative thoughts and replace them with positive thoughts of love and compassion  
If a thought or belief does not serve me, I will let it go  
Choosing positive thoughts and making positive choices fill me with new strength, confidence and excitement  
I deserve to be healthy and happy  
I am a worthwhile person and deserve food to give me energy  
Today I am glad to be ME!  
I am naturally beautiful when I am myself  
I give myself respect and encouragement to grow as a kind and loving person  
True beauty is a state of mind, not the state of your body.  
Keep a list of things you like about yourself that aren't related to your appearance. Read the list often, especially during tough times.  
Treat yourself with respect and kindness. Feed your body, keep it active, get plenty of sleep and listen to your body's needs.  
Avoid comparing yourself to others. Healthy bodies come in a variety of shapes, colours, physical abilities and sizes.

Source: **Positive Affirmations from [Eating Disorders Resource Centre of Ireland](#), Self-Affirmations from [Something-Fishy](#), and One Full Year of Affirmations from [Eating Disorder Recovery Center](#).**

## Appendix 4:

### Did you know?

- In the Province of British Columbia, the Proclamation on “**Disordered Eating Awareness Week**” was declared not too long ago starting from February 2 to 8, 2003.
- PEDAW stands for Provincial Eating Disorders Awareness Week
- The Periwinkle ribbon is the official colour for Eating Disorders Awareness!
- 95% of diets fail in the long run. During your teen years your body, including your brain and bones, is still growing. This is not the time to restrict the food or fuel to your body.
- Our body will perform the best if we stay connected with our body's natural cues. Eat when we're hungry and stop when we are satisfied.
- Most fashion models are thinner than 98% of women. "Real People" don't look like the computer modified images that you see in the media. Respect yourself for who you are.
- Your family's genes play a big part in your body shape and size. Staying active to be healthy, energized and have fun is important at every size.
- If you or a friend feel guilty about eating and worry about your weight, call for support. Talk to someone you trust that have resources, reliable information and knowledge to help you. If you have questions, call the **Kelty Mental Health Resource Centre and talk to a peer support worker at 604-875-2084 or 1-800-665-1822**



## Appendix 4:

### Statistics

#### Elementary Schools:

- Almost all females over the age of 11 have engaged in disordered eating.
- 81% of 10 year olds are fearful of being fat.
- 50% of girls aged 8-10 are unhappy with their size.
- 50% of girls aged 9-15 exercise, take diet pills, and diet to lose weight.
- 98% of females are unhappy with their bodies.
- By the time they enter high school, 50% of girls and 33% of boys have engaged in some sort of unhealthy weight control behaviour.

#### Secondary Schools:

- Among secondary school students, 30% of girls and 25% of boys report teasing about their bodies at school or in the home. 50% of girls and 33% of boys have engaged in some sort of unhealthy weight control behaviour by the time they begin high school.
- 4% of boys in grades 9 and 10 use anabolic steroids to counter poor body image.
- 98% of females are unhappy with their bodies.

#### General Population:

- 70% of women and 35% men are dieting at any given time.
- Of women between ages 15-25, 1-2% have anorexia and 3-5% have bulimia.
- Eating disorders have the highest mortality rate of all mental illnesses, with 20% eventually dying from complications. 4% of boys in grades 9 and 10 use anabolic steroids to counter poor body image.
- 98% of females are unhappy with their bodies.
- Canadians spend an average of \$100 million on dieting and diet related products.
- 5-10% of people with anorexia or bulimia are males.
- It is estimated that 200,000 to 300,000 Canadian women aged 13-40 have anorexia, and twice as many have bulimia.

Source: [McCreary Centre Society](#), [National Eating Disorders Information Centre](#), and the [Canadian Mental Health Association](#).



## For contact and information:

Mimi Hudson, Director of Community Programs at Family Services of the North Shore,  
Provincial Lead for PEDAW [mhudson@familyservices.bc.ca](mailto:mhudson@familyservices.bc.ca)

Amy Candido, Eating Disorders Peer Support Worker at Kelty Mental Health Resource Centre  
[keltycentre@bcmhs.bc.ca](mailto:keltycentre@bcmhs.bc.ca)

Kathy Tremayne, Program Director, Provincial Specialized Eating Disorders Program  
for Children and Adolescents and Mental Health Metabolic Program, BC Children's Hospital  
[ktremayne@cw.bc.ca](mailto:ktremayne@cw.bc.ca)