

Name/Title: Body Image and Eating Disorders

Purpose of Event: To educate middle school children about the importance of having a healthy body image, and the dangers of developing a eating disorders.

Suggested Grade Level: 6-8

Materials Needed: Computer, Projector, Power Point

Description of Idea

This lesson fits Health National Standard #2 ("...analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors")

The material for this lesson includes a Power Point and corresponding worksheet. The Power Point is used in conjuncture with the student worksheet. During the class session, the Power Point is discussed. Students fill out the quick writes (little breaks to jog the memory) and vocabulary throughout the class period. For homework, the students complete the vocabulary exercise by selecting one of the new vocabulary words. They also use complete sentences to answer the application question as the end of the lesson. The worksheet is turned in the following class period to be graded.

[Body Image and Eating Disorders Power Point Presentation](#) (PDF--very large file)

Variations:

Allow students (or small groups) to create some of their own power point slides on one specific area of the topic, then present to class.

Instead of offering one option (create a poem or story) at the end, use multiple intelligence concept for more options. Create a product (brochure, poster), find a song or video clip that illustrates some of the information on eating disorders and present to class, a review game or skit, etc. This would make the entire unit more student centered.

Assessment Ideas:

Create a worksheet to follow along. Application idea included at the end of the Power Point.

Submitted by **Stephanie Goudeau** who teaches at Appomattox Middle School in Appomattox, VA. Thanks for contributing to PE Central! **Posted on PEC: 1/8/2010**. Printed 1574 times since 1/21/2009.

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Quick Write #1

- How are teens' body images portrayed in magazines and other media? Are they realistic?



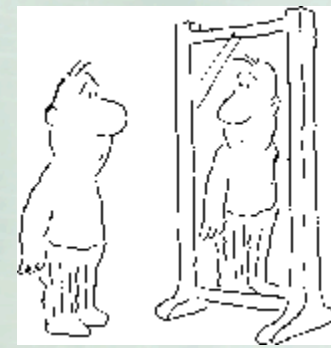
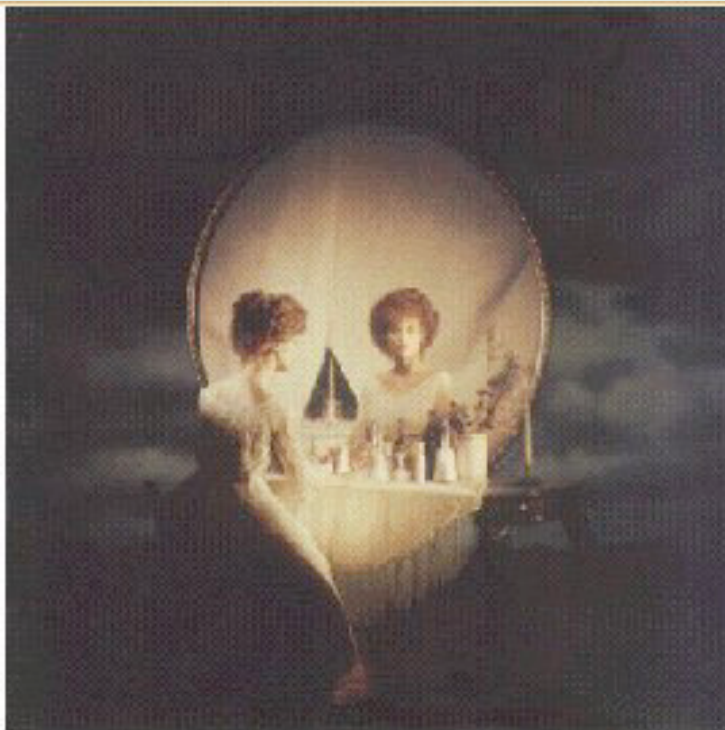


Day 8 * Body Image

**Weight Management
Eating Disorders**

Body Image

- The way you see yourself



Bad Body Image



Good Body Image



Just Be YOU!

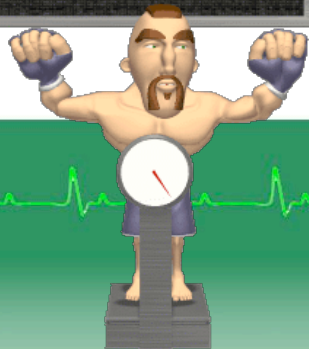
- People who try to look the same as a model, an athlete, or someone famous will never be happy. It's also not a healthy approach to body image.



Healthy Weight

- Your height, gender, age, inherited body type, and growth pattern determine your healthy weight

- Maintaining a healthy weight is important for wellness



It's NOT about the number...

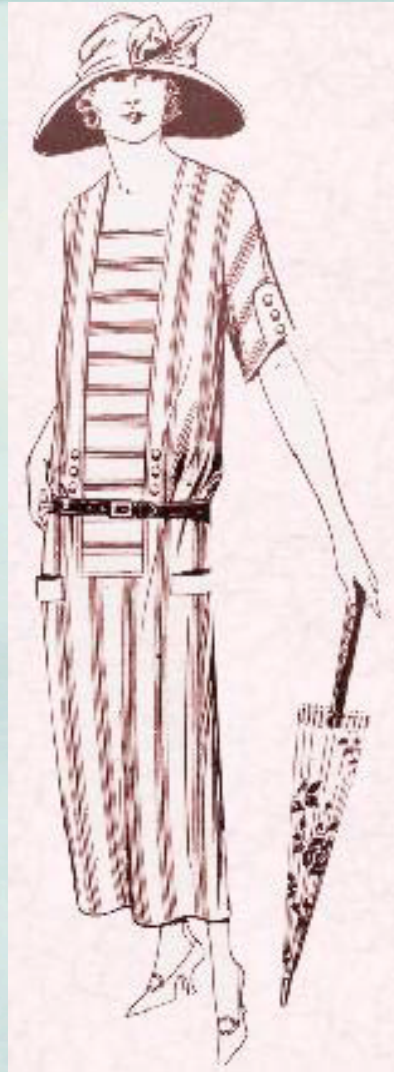
- A few extra pounds now will grow and change throughout your teen years.

- Extra weight many times will turn into height later.

- Too little weight now will usually catch up after getting taller stops.



The Progression of Image



Progression of Image

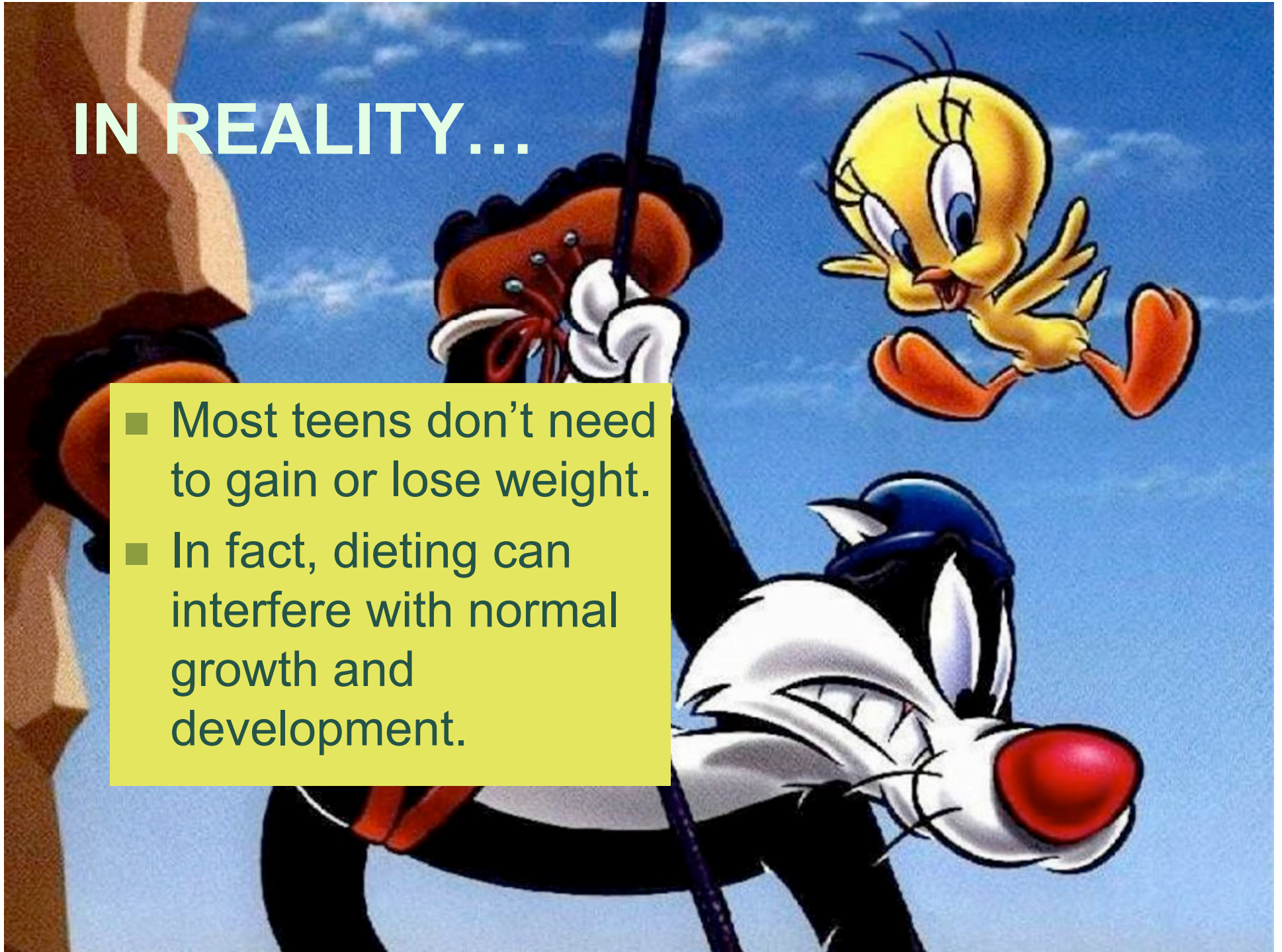


Today's Image?



IN REALITY...

- Most teens don't need to gain or lose weight.
- In fact, dieting can interfere with normal growth and development.



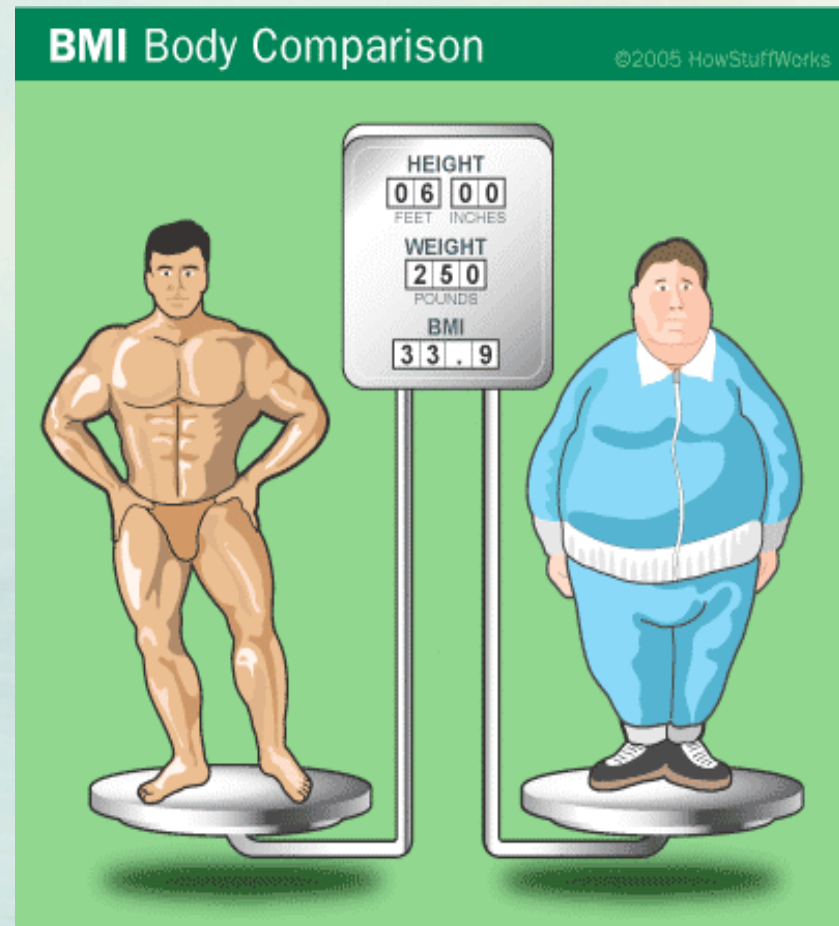
Benefits of a Healthy Weight

- Body works right
- No strain
- More energy
- Less risk of disease
- Better Mood 😊



BMI

- Body Mass Index
 - a way to assess your body size, taking your height and weight into account



Calculate your BMI

- Use this formula to calculate your BMI:
 1. Multiply your weight by 0.45
 2. Multiply your height by 0.025
 3. Square that answer.
 4. Divide your answer in step 1 by the answer in step 3.

WEIGHT lbs 100 105 110 115 120 125 130 135 140 145 150 155 160 165 170 175 180 185 190 195 200 205 210 215
 kgs 45.5 47.7 50.0 52.3 54.5 56.8 59.1 61.4 63.6 65.9 68.2 70.5 72.7 75.0 77.3 79.5 81.8 84.1 86.4 88.6 90.9 93.2 95.5 97.7

HEIGHT in/cm	Underweight				Healthy				Overweight				Obese				Extremely obese							
5'0" - 152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
5'1" - 154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	36	37	38	39	40
5'2" - 157.4	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	33	34	35	36	37	38	39
5'3" - 160.0	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38
5'4" - 162.5	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37
5'5" - 165.1	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35
5'6" - 167.6	16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34
5'7" - 170.1	15	16	17	18	18	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	33	33
5'8" - 172.7	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	32	32
5'9" - 175.2	14	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	31
5'10" - 177.8	14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	27	28	28	29	30	30
5'11" - 180.3	14	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30
6'0" - 182.8	13	14	14	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29
6'1" - 185.4	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28
6'2" - 187.9	12	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27
6'3" - 190.5	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26
6'4" - 193.0	12	12	13	14	14	15	15	16	17	17	18	18	19	20	20	21	22	22	23	23	24	25	25	26

Nutrition and Physical Activity

- To stay a healthy weight, you must take in the same number of calories each day that use for energy



Get it off.

- Do you need to?
 - *NOT for YOU to decide. Ask an **adult**.*
- Eat sensibly
- Be physically active
- If you need to lose weight, ½ to 1 pound each week is enough
- Eat small portions
- Eat at regular times
- Drink plenty of water

EATING DISORDERS

- Extreme and damaging eating behaviors that can lead to serious illness or even death



EATING DISORDERS

- Can be triggered by many psychological factors, including low self-esteem, poor body image, and depression.
- Are serious
- Can be fatal
- Require professional help



Myth Busters

- Only teenage girls suffer from eating disorders.
 - FACT: anyone can suffer, regardless of their age or gender
 - FACT: 5-10% of eating disorder cases are male

Types of Eating Disorders

- Anorexia
- Bulimia
- Binge Eating

Anorexia

- An eating disorder in which a person has an intense fear of weight gain and **starves herself or himself**
- 1 in 200 American women suffers from anorexia



LOOK AT ME: I AM TOO FAT, AND IF I EAT I WILL BECOME FATTER STILL!

Health Consequences

- Dehydration
- Constipation
- Abdominal pain
- Hair loss
- Damage to heart, kidneys, and other body organs
- Impaired immune system function
- Malnutrition
- Absence of menstruation, in females

**Without
treatment, 10%
of people with
anorexia will die.**

Bulimia

- an eating disorder in which a person repeatedly **eats large amounts of food and then throws** up until nothing is left
- 2 in 100 American women suffers from bulimia



Bulimic Behavior

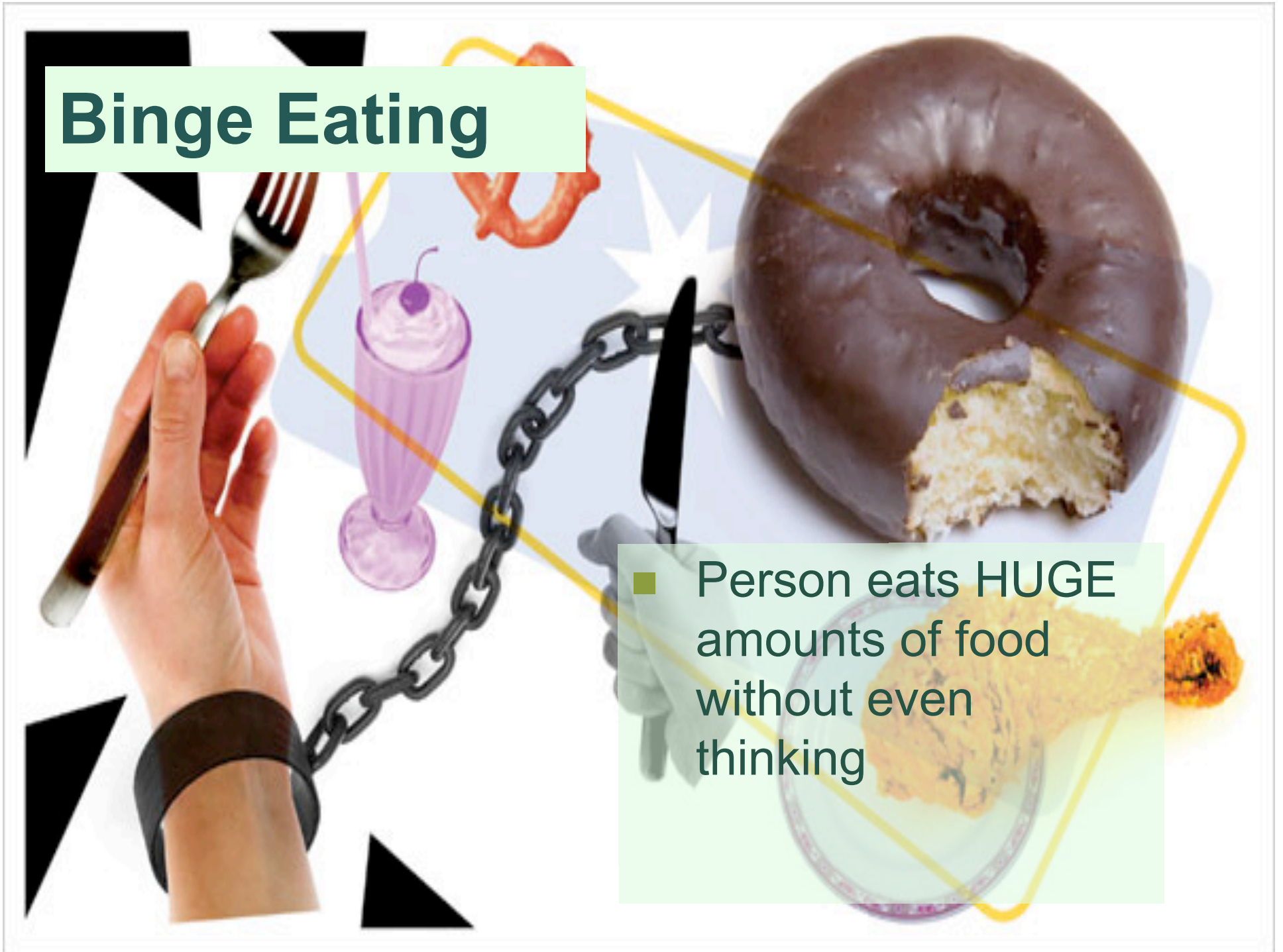
- People with bulimia know they have a problem, try to hide it
- Binge in private, eat regular with others
- Have a secrete hiding place for food
- Think about food constantly and plan eating carefully
- Excuse themselves after eating to purge
- Exercise and diet excessively between binges
- Steal money to purchase food or steal food

Health Consequences

- Dissolved too the enamel
- Tooth decay
- Sore bums
- Enlarged salivary glands
- Swollen cheeks
- Water loss
- Increased blood pressure
- Damage to colon, heart, and kidneys,
- Impaired bowel function

Binge Eating

- Person eats HUGE amounts of food without even thinking



Health Consequences

- Skeletal difficulties because their bones must support excessive weight
- Increased heart rate and blood pressure
- Increased risk of cardiovascular disease, diabetes, and cancer
- Negative self-esteem
- Depression
- Withdrawn from social life
- Substitute eating for relationships

Let's Compare

<i>Anorexia</i>	<i>Bulimia</i>	<i>Binge Eating</i>
Skinny *	Normal *	Overweight *
Starve themselves *	Binge and purge *	Binge *
Don't think they have a problem	Know they have a problem	"just overweight" not because of eating

Quick Write #2

- In general, do you feel that you make choices to maintain a healthy weight for your body type, stage of growth, and height?

What are the dangers?

- Malnutrition—deficiency for energy, nutrients, and protein
- Dehydration—lack of fluids or restriction of carbohydrates and fats
- Electrolyte imbalances—natural energy affected in nerves, muscles, joints, and bones
- Muscle atrophy—wasting away of muscle

More dangers.

- Paralysis
- Osteoporosis
- Seizures
- Cancer
- Depression
- Infertility
- Dental problems
- Easily bruised skin
- Arthritis
- Anemia
- Diabetes
- Hair loss
- Dry skin
- Swelling
- Insomnia
- Reflux
- Gastric rupture
- Lanugo

What are the causes?

- Inside Influences
 - Love
 - Listen
 - Communicate
 - Validate—it's going to be okay
- Outside Influences
 - Media
 - Society
 - Relationships
 - Abuse

What we see...is not what we get.

- The average American woman is 5'4" tall and weighs 140 pounds. The average American model is 5'11" tall and weighs 117 pounds

- Most fashion models are thinner than 98% of American women



What
we see.



Photo courtesy More Magazine / Sept. 2002

What we
don't.



JAMIE LEE AS SHE REALLY IS--NO LIGHTS, NO MAKEUP, NO RETOUCHING.

TO ACHIEVE THE GLAM JAMIE (SEE NEXT PAGE), IT TAKES A VILLAGE AND A FAT CHECKBOOK. THE CAST OF 13--PRIMING AND PREPPING FOR THREE HOURS--INCLUDED ~~more's~~ CREATIVE DIRECTOR, A PHOTOGRAPHER AND THREE ASSISTANTS, TWO FASHION STYLISTS AND AN ASSISTANT, A HAIRDRESSER, A MAKEUP ARTIST, A MANICURIST, A PROP STYLIST AND ASSISTANT. ADDED TO THE MAGIC MIX: A \$1,000 DRESS, SAND SHOES AND A \$5,400 NECKLACE.

SEPTEMBER 2002 • **more**

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Mental or Physical?

- Remember the health triangle?
- Mental + Physical = Health
- Not treating your body with respect has a lot to do with what is going on inside your head.
 - Self perception
 - Negative voices
- Eating Disorders are the #1 mental health killer

Facts.

- Anorexia is the 3rd most common chronic illness among adolescents
- 95% of those who have eating disorders are between the ages of 12 and 25
- 50% of girls between the ages of 11 and 13 see themselves as overweight
- 80% of 13-year-olds have attempted to lose weight

Sad facts.

- 42% of 1st-3rd grade girls want to be thinner
- 81% of 10 year olds are afraid of being fat

Websites to Visit

- www.something-fishy.org
- www.edreferral.com
- www.eatingdisorderscoalition.org

Helpful Hotlines

- **1-858-481-1515**
National Eating Disorder Referral and Information Center
- **1-800-931-2237**
National Eating Disorders Association
- **1-800-RENFREW (1-800-736-3739)**
The Renfrew Center

Application

- Write a short poem or slogan celebrating healthy body weight.