

Berkshire Pulse Young Choreographers Initiative

Resources on Body Image & Eating Disorders

Some Eating Disorder Definitions (compiled by Noelia Salinetti)

Anorexia nervosa affects more women, young adults/teens. Restrict calories, watch weight, always think overweight.

Two types of Anorexia

Restricting type: diet, fast, exercise obsessively

Purge/Binge type: eat varying amounts of food and then vomit, take diuretics/laxatives or exercise obsessively

Symptoms: underweight, restrict eating, fear and avoidance of weight gain, continually pursue thinness, body shape highly affects self-esteem, denial, distorted body image, obsessive-compulsive symptoms: think about food, hoard food/recipes, struggle to eat in public, control environment

Bulimia nervosa affects more women, young adults/teens. Binge=eat lots of food in a short amount of time. Binge food they generally avoid until uncomfortable, afterwards vomit, fast, take diuretics/laxatives, have enemas, exercise obsessively. Symptoms: continuous purging, continuous bingeing, fear weight gain, shape/weight highly influence self esteem

Binge eating disorder is most common in the USA and affects teens and young adults. Binge but don't use any restricting, purging behaviors and become overweight.

Symptoms: binge in secret, lack control of eating, feel ashamed of bingeing, don't purge

Pica often affects pregnant women, mentally disabled people and children. Crave non-food substances that are culturally or socially unacceptable.

Rumination disorder affects infants, children and adults. Can cause weight loss and malnutrition. Restrict food in public. Regurgitate already chewed food, re-chew food than swallow or spit

Facts and Figures (compiled by Malina Jackson)

- By age 6, girls especially start to express concerns about their own weight or shape, 40-60% of elementary school girls (ages 6-12) are concerned about their weight or about becoming too fat.
- Of American elementary school girls who read magazines, 69% say that the pictures influence their concept of the ideal body shape. 47% say the pictures make them want to lose weight.
- Young People between the ages of 15 and 24 with anorexia have 10 times the risk of dying compared to their same-aged peers.
- Subclinical eating disordered behaviors (including binge eating, purging, laxative abuse and fasting for weight loss) are nearly as common among males as they are among females
- The prevalence of eating disorders in college athletes is higher among dancers and the most elite college athletes, particularly those involved in sports that emphasize a lean physique or weight restriction (e.g., figure skating, wrestling, rowing)
- In a survey of athletic trainers working with female collegiate athletes, only 27% felt confident identifying an athlete with an eating disorder. Despite this, 91% of athletic trainers reported dealing with an athlete with an eating disorder. 93% of trainers felt that increased attention needs to be paid to preventing eating disorders among collegiate female athletes. 25% worked at an institution without a policy on managing eating disorders.
- The best-known environmental contributor to the development of eating disorders is the sociocultural idealization of thinness.

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National Resources (compiled by Fiona Scruggs)

National Eating Disorders Association (NEDA)

Provides resources, information, and treatment options. Resources include definitions, symptoms, prevention, statistics, and ways to support the organization and those in need of help.

Helpline (Confidential): call the phone number at (800) 931-2237 Monday-Thursday from **11AM to 9PM ET**, and Friday from **11AM to 5PM ET** or use the chat function online at <https://www.nationaleatingdisorders.org/help-support/contact-helpline> Monday-Thursday from **9AM to 9PM ET** and Friday **9AM to 5PM ET**.

Families Empowered and Supporting Treatment of Eating Disorders (F.E.A.S.T.)

Provides resources and support for families/parents of individuals with eating disorders. FEAST is a global organization, serving the USA, Canada, Australia, U.K., New Zealand, and Israel. Helpline: U.S. +1 855-50-FEAST as well as international helplines in Canada, Australia, U.K., New Zealand, and Israel.

Local Resources

Therapists/counselors in the Berkshires who have been recommended that specialize in eating disorders

Morgan J. Burns, Clinical Social Work/Therapist, LICSW

3rd floor of the Tom's Toys building, 291 Main St., Great Barrington, Massachusetts 01230 | 413-274-2011

Sarah Evans Feldman | Great Barrington, Massachusetts 01230 | 413-591-7224

Jennifer Daniels, Counselor, LMHC | South Egremont, Massachusetts 01258 | 413-206-2145

Roberta Russell, MSW, LICSW | 37 Tucker St., Lenox, MA 01240 | 413-441-3827 |

robertarussell@roadrunner.com

Dr. Helaine Harris, Psy.D. Licensed Clinical Psychologist | 38 Church St., Suite 102, Lenox, MA 01240

917-589-9558 | helaineharris@roadrunner.com

Pretty Privilege (compiled by Diane Pearlman)

Definition: when being pretty/beautiful gets you better things or opportunities

What does it afford you:

- 1) More popularity
- 2) Higher grades and work performance evaluations
- 3) More likely to get hired and promoted
- 4) On average make more money than less attractive colleagues

If someone good looking is convicted of a crime they are less likely to be found guilty & sentences are less severe.

This is the beauty bias--that pretty people are smarter, healthier, more competent and superior both socially and morally. Not based on facts but on judgment.