Why work towards a #bodypositivesummer?

Body dissatisfaction can lead to an avoidance of people, places and meaningful life experiences like raising your hand in class, voicing an opinion at work or spending time with friends.

67% of women ages 15-64 withdraw from life-engaging activities because they feel badly about their bodies. (Etcoff, et al., 2006)

Body dissatisfaction is also a major risk factor in the development of eating disorders.

27% women

13% men

Percentage of college students who said their appearance was traumatic or difficult to handle. (National College Health Assessment Report, 2011)

Body dissatisfaction may begin as early as 2nd grade in both girls & boys of various racial and ethnic backgrounds. (Heron, et al., 2013)

Research points to an association between body dissatisfaction and depression in the elderly.

Stop missing out. Start living life in the body you have!
Join the #bodypositivesummer movement and find tips and resources for improving body image at eatingdisorder.org

Developed by The Center for Eating Disorders at Sheppard Pratt