

Breaking Body Image and Eating Disorder Stereotypes: Educate Diverse Groups

Justine J. Reel, Ph.D., NCC, CPCI

Debbie Rhea, Ph.D.

Robert A. Bucciere, MSW, LCSW

Nick Galli, M.S.

Sonya SooHoo, Ph.D.



Presenter Contact

- Justine.Reel@hsc.utah.edu
- Robert.Bucciare@hsc.utah.edu
- sonyasooohoo@gmail.com
- n.galli@utah.edu
- drhea@tcu.edu

THE HIDDEN FACES OF EATING DISORDERS AND BODY IMAGE



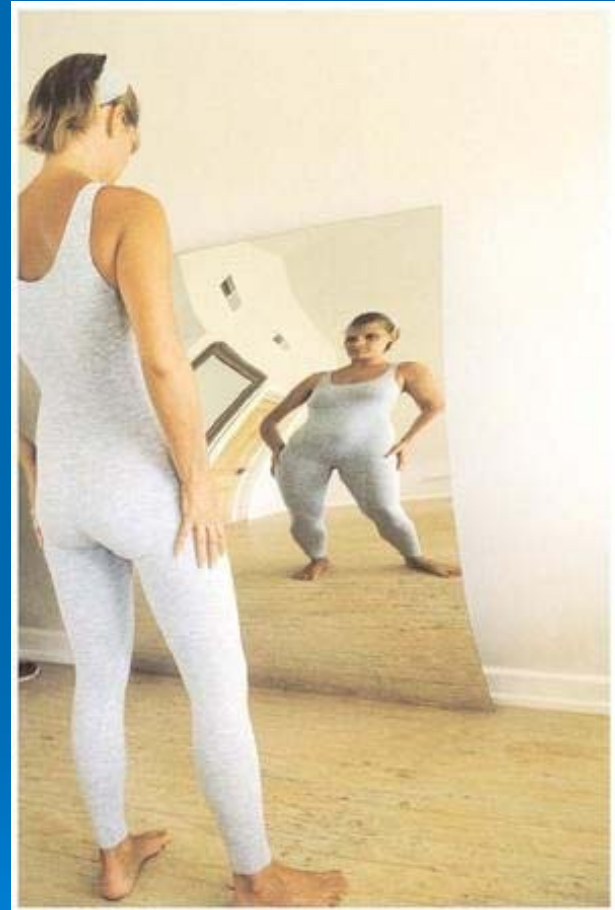
Edited By
Justine J. Reel, Ph.D., NCC, CPCI & Katherine A. Beals, Ph.D., RD, FACSM

Book Reference

- Reel, J.J., & Beals, K.A. (Eds.) (2009). *The Hidden Faces of Eating Disorders and Body Image*. Reston, VA: AAHPERD/NAGWS.
- AAHPERD member price: \$38 (non-member: \$45)
- Online AAHPERD bookstore

Types of Eating Disorders

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- Eating Disorder NOS



Goals of Session

- To understand struggles and risk factors of individuals across social categories
- Understanding diverse populations:
 - Early detection
 - Assessment
 - Intervention
 - Prevention



Introduction of Panelists

- Justine Reel, University of Utah (Athletes)
- Debbie Rhea, Texas Christian University (Race/Ethnicity/Social Class)
- Nick Galli, University of Utah (Gender/Sexuality)
- Sonya SooHoo (Age)
- Robert Bucciere, University Health Care (Disabilities)

Athletes – Is sport participation a protective or risk factor for ED?

Justine J. Reel, Ph.D., NCC, CPCI

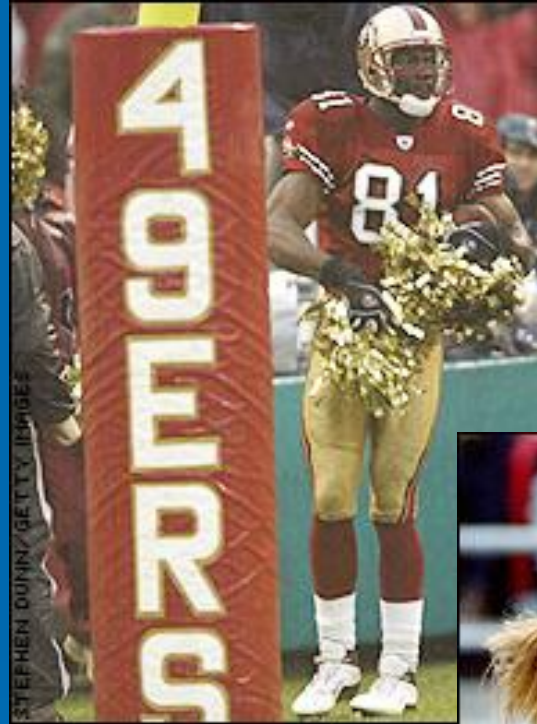


The University of Utah

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Athletes

- Masculinity and femininity
- Body-related pressures for sport performance
- May be $>$ or $<$ likely to engage in disordered eating behavior



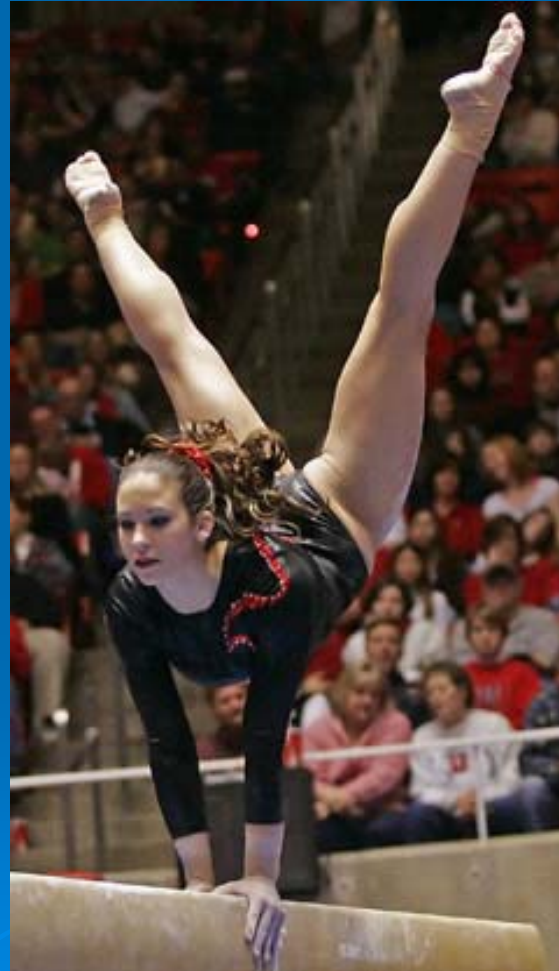
Protective or Risk Factor?

- Protective factor
(buffer) (Fulkerson et al., 1999)
- Risk factor
(leanness/aesthetics) (Sherman & Thompson, 2009)



Weight-related sport pressures

- Weight limits
- Weigh-ins
- Coaches
- Stunts
- Uniforms
- Performance



Prevalence of ED

- Overall: 1-62% across studies
- Elite athletes (20% of female; 8% of males) (Sundgot-Borgen & Torstaveit, 2004)
- College athletes (7-26% of females; 2% of males) (Reel et al., 2007; Petrie et al., 2007)



Racism and Classism of Body Image

Debbie Rhea, Ph.D.

Texas Christian University



Definitions

- Race/Ethnicity – controversial labels
- Social Class – what does this mean???



Race/ethnicity

- Race: Based on a continuous trait (skin color) across human beings that is used to group individuals in a somewhat arbitrary manner (Coakley, 2007)
- Ethnicity: Acceptance of norms, mores, and practices of one's culture of origin and the concomitant sense of belonging to that cultural group (APA, 2003)

Social Class

- Questioning strategies are different
- Assessments are different
- Treatment is different
- For example:
 - Mother/father's income
 - Mother/father's education level
 - What social class do you think you belong to?

Prevalence of Body Image Disturbances/ED (Race/Social Class)


- Widespread
- All classes
- All races
- Symptoms by race



Risk factors for Race/Ethnicity

- Body image dissatisfaction/distortion
- Lower levels of emotional expression
- Suppressed anger expression
- Self-esteem, peer insecurity, anxiety
- Greater acculturation
- Interaction of psychological & social difficulties

Social Class – Risk Factors

- Depression
 - Disadvantaged neighborhoods
 - Higher social class
 - Being married
 - Unaffected by education
 - Social values
- 

Risk & Protective Factors not yet investigated

- Body esteem
- Cultural identity
- Heterosexist biases
- Questioning strategies by type of disorder and race

Sexism and Heterosexism of Body Image

Nick Galli, M.S.



The University of Utah

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Gender/Sexuality

- Heterosexual women
- Heterosexual men
- Lesbians
- Gay men
- Transgender individuals
- Unique body image challenges for *all* groups

Lifetime Prevalence (%) of Body Image Disturbances/ED

	AN	BN	BED	EDNOS	MD
Women	.9	1.5	3.5	2-5	?
Men	.3	.5	2.0	5-9.4	?
Lesbians	?	?	?	?	?
Gay Men	?	?	?	?	?
Transgender Individuals	?	?	?	?	?

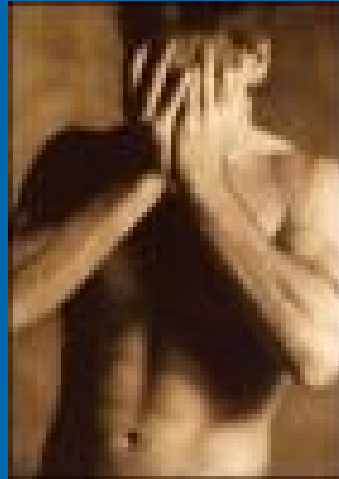
- Strong reliance on comparison studies for the latter three groups
 - What is “normal?”

(Hudson, Hiripi, Pope, & Kessler, 2007; Mulholland & Mintz, 2001; Petrie & McFarland, 2009)

Risk Factors

➤ Men

- Sociocultural pressures
- Muscularity = Masculinity



➤ Gay men

- Socialized as men, but objectified like women
- Pressure to “do” masculinity



(Petrie & McFarland, 2009; Waldron, Semerjian, & Kauer, 2009)

Risk Factors

➤ Lesbians

- Similar pressures as heterosexual women
- Tension between dominant societal ideals and lesbian community ideals

➤ Transgender Individuals

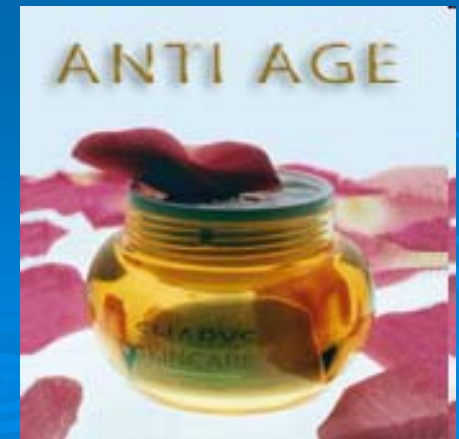
- Mismatch between gender and biology
- Identification with feminine gender role

(Petrie & McFarland, 2009; Waldron, Semerjian, & Kauer, 2009)



Ageism and Body Image

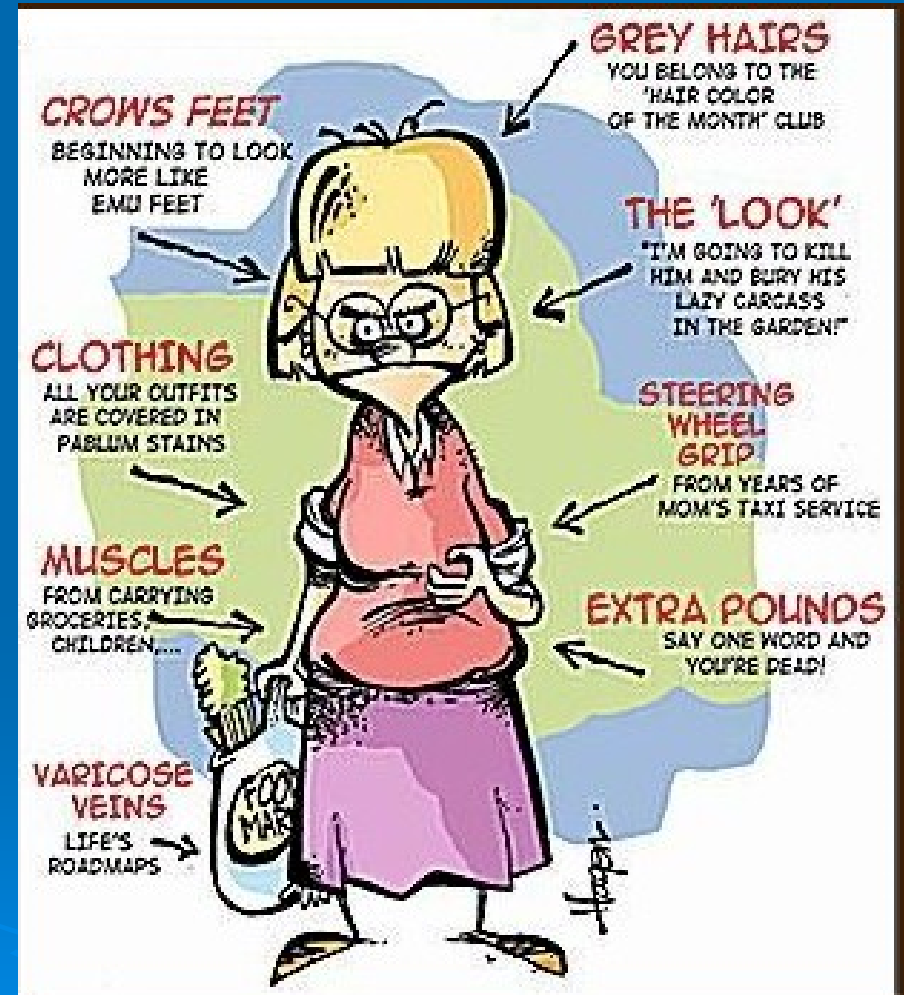
Sonya SooHoo, Ph.D.



Ageism

- Any prejudice or discrimination against or in favor of an age group
- Contributing Factors
 - Fear of death
 - Emphasis on youth
 - Emphasis on productivity

(Robinson, 1994)



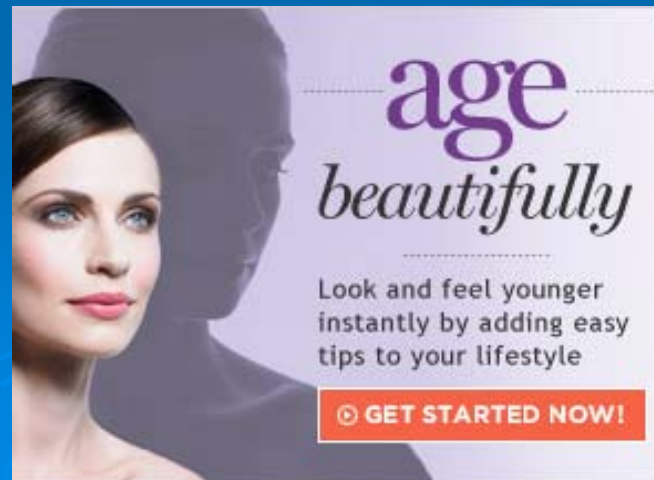
Context of Older Women

➤ Roles

- Mother
- Daughter
- Sister
- Wife
- Care taker
- Divorcee
- Widower
- Employee
- Student

➤ Changes

- Physical appearance
- Psychological
- Social
- Work place



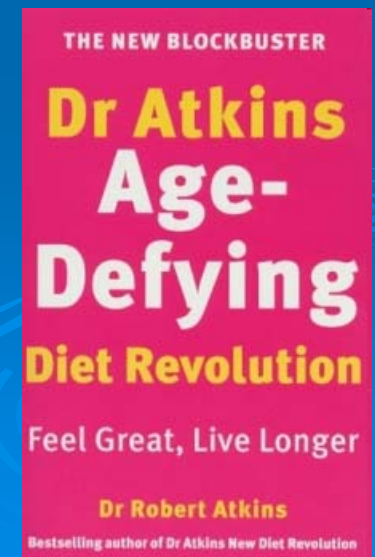
Body Dissatisfaction has no age limit

- 71% of women ages 30-74 yrs (Allaz et al., 1998)
- 60% of women ages 60-70 yrs (Mangweth-Matzek et al., 2006)

"It's always been my stomach. I've always wanted to change that part really bad. I think I could easily live with being 160 pounds if I could just lose the stomach and I'd be perfectly satisfied." (Barbara, 41 year-old)



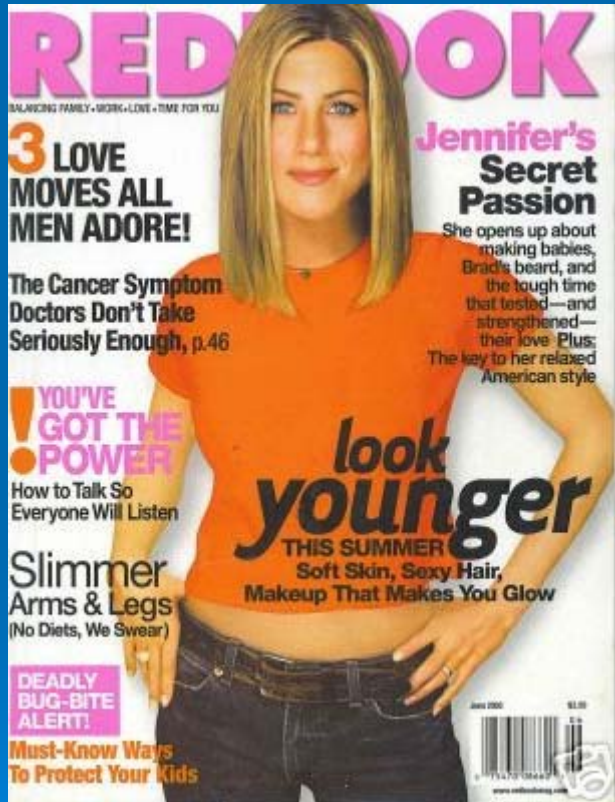
(Reel et al., 2008)



Prevalence

- Case studies in the 1990s
 - Clinicians identified women >35yrs
- Women aged 60-70 yrs (Mangweth-Matzek et al., 2006)
 - 3.8 % met criteria for eating disorder
 - 4.4% reported at least 1 symptom
- Rates and etiology unknown
 - Continuation from childhood or late-onset?

Risk Factors



- Developmental Factors
 - Physical signs of aging
 - Pregnancy
 - Menopause
- Sociocultural Factors
 - Aging is not beautiful
 - Older women are underrepresented in media



Ableism and Body Image

Robert A. Bucciere, MSW, LCSW

University Health Care



University Health Care
Neurobehavior HOME Program



Description of disabilities

➤ Physical disabilities

- (i.e. amputee, TBI, stroke, spinal cord injury, etc.)

➤ Intellectual disabilities

- IQ level, deficits in daily functioning, onset before 18 years, genetic syndromes, TBI

➤ Physical and intellectual disabilities

Prevalence of Body Image Disturbances (Physical Disabilities)

- 17.6% of U.S. women aged 16-64 are considered disabled
- Over 65 (43%)
 - Reported more problems with sexual functioning, confidence and body dissatisfaction (Hughes, 2005)
- TBI and stroke females
 - 47% body dissatisfaction on EDI
 - 7.7% above Drive for Thinness (Howes, et al, 2005)
- N=6 female wheelchair basketball players vs. N=20 abled-bodied
 - No significant differences in self-perceptions or body dissatisfaction (Sands & Wettenhall, 2000)

Prevalence of ED (Intellectual Disabilities)

- 6-42% inpatient setting criteria ED
- 19% community setting met ED (Gravestock, 2000).
- Abnormal eating behaviors (AEB) present similarly to binge eating disorder
- Genetic syndromes (i.e. Prader-Willi)



Unique features of this population

- Stigma Theory
- Communication issue
- Lack of awareness: working with people with ID
- Genetic Syndromes
- Testing: modifications

