

AAHPERD
American Alliance for Health, Physical Education, Recreation & Dance

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**PREVENTING DISORDERED EATING:
PROMOTING BEHAVIOR CHANGE
THROUGH THE RESILIENCY PROCESS**

Julia Franklin Summerhays, PhD
Maya Miyairi, MS
University of Utah
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OBJECTIVES


- Provide an overview of disordered eating
- To gain an understanding of the resiliency process and the steps involved in resilient reintegration.
- To describe how the resiliency process can be used for behavior change
- Identify ways that the resiliency process can be applied in eating disorder and obesity prevention programs.

DISORDERED EATING

- Harmful, ineffective eating behaviors used in attempt to lose weight
 - Cutting calories
 - Skipping meals
 - Using laxatives, diuretics
 - Purging
 - Overexercising
 - Binge eating
 - Isn't that an eating disorder?
 - Eating disorders are psychological illnesses
 - Very strict criteria to be diagnosed
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WHY DO WE DO THESE THINGS?

- Body dissatisfaction
 - Strongest predictor of eating disturbances
 - Sociocultural pressures to be thin
 - Belief in the thin-ideal

 - Among college females, 83% (N = 254) were “underweight” or “normal weight” but 87% want to weigh less (Summerhays, 2008)
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SURPRISE?

- “GLAMOUR”, discovered that 97% of women give harsh words to their bodies every day.”
- What messages does the magazine send to us?



FASHION INDUSTRY



FITNESS MAGAZINE

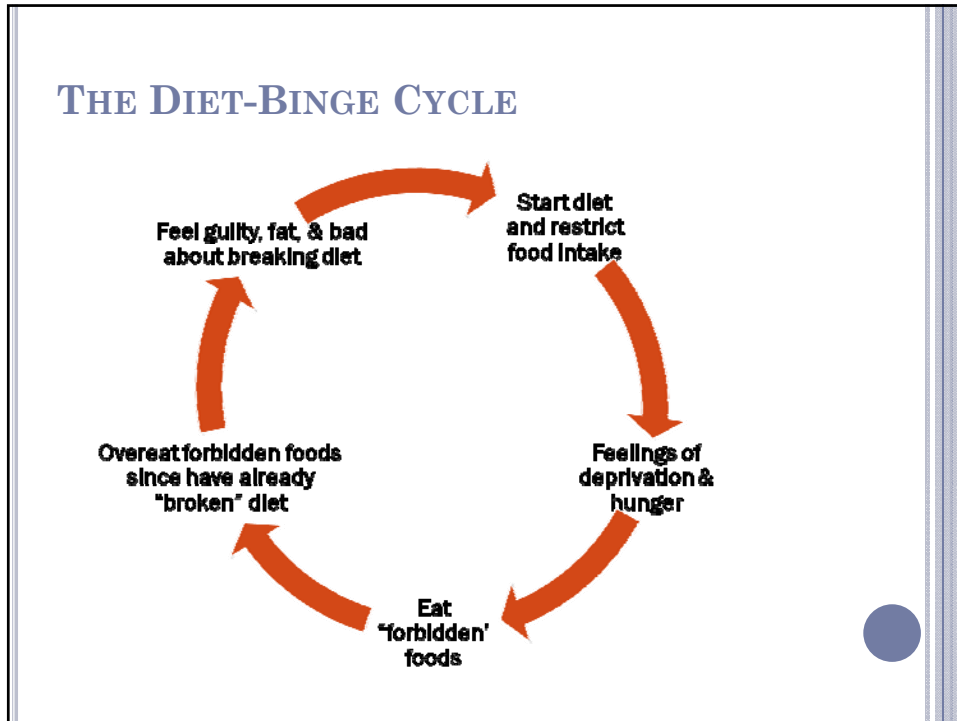


WOMEN AS OBJECTS



- Viewed as sexual objects.
- Treated as a “body” and not as a full person.
- Both men and women objectify women.
- Evaluated by pounds, sizes, and appearances.

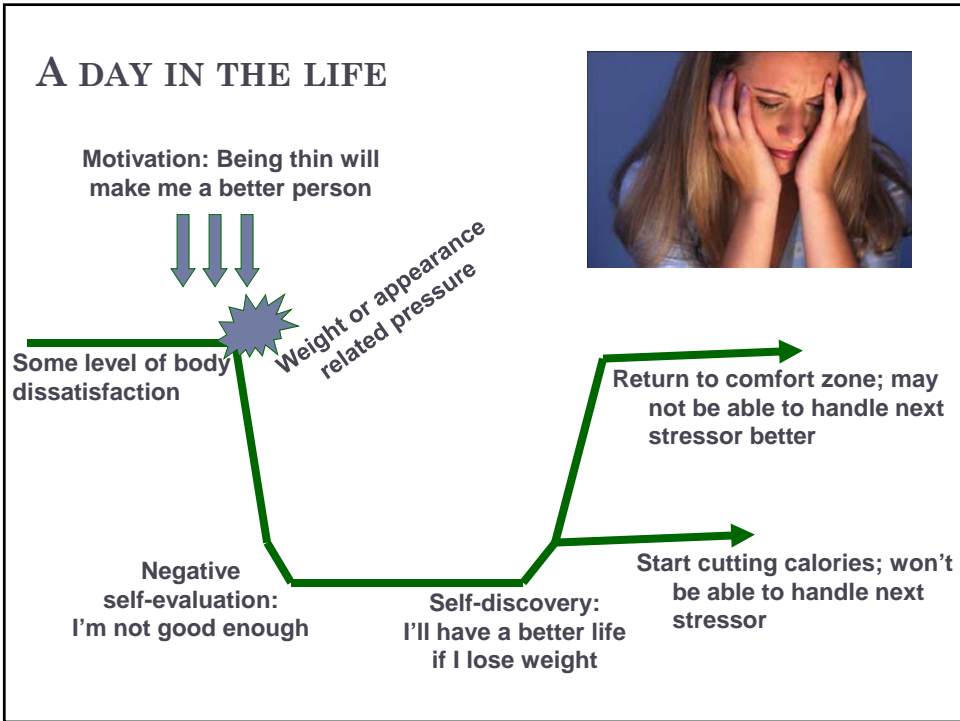
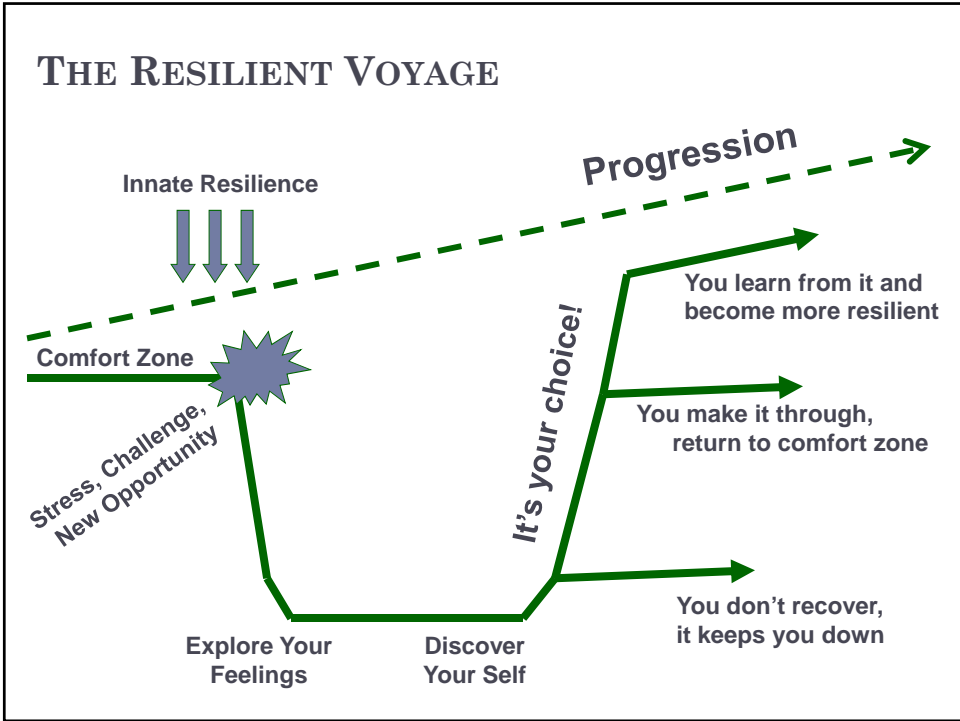
(Fredrickson & Roberts, 1997)

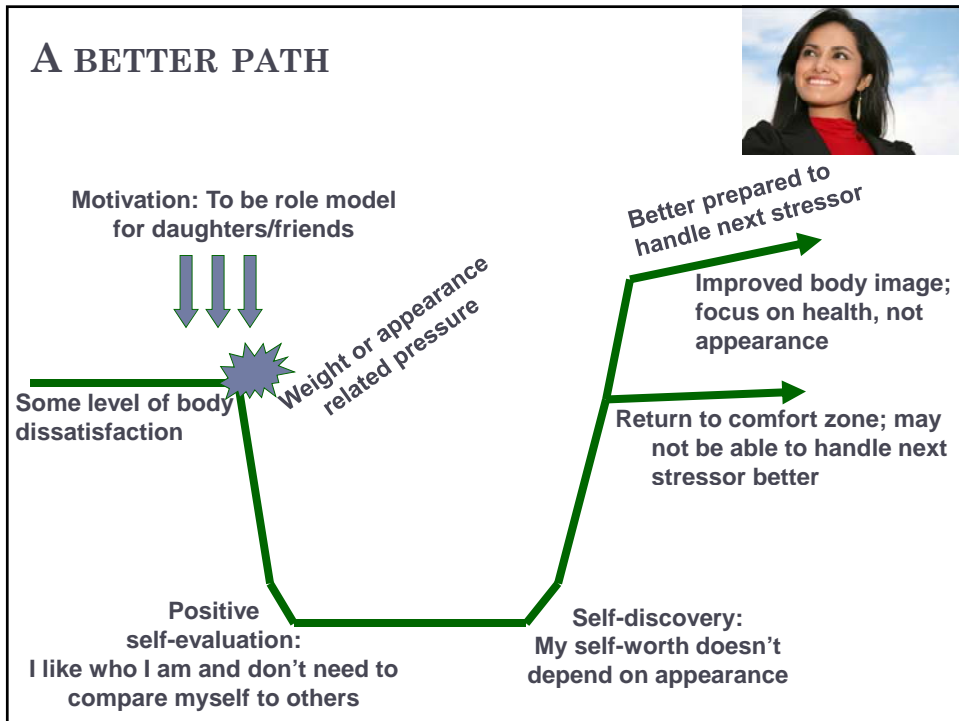
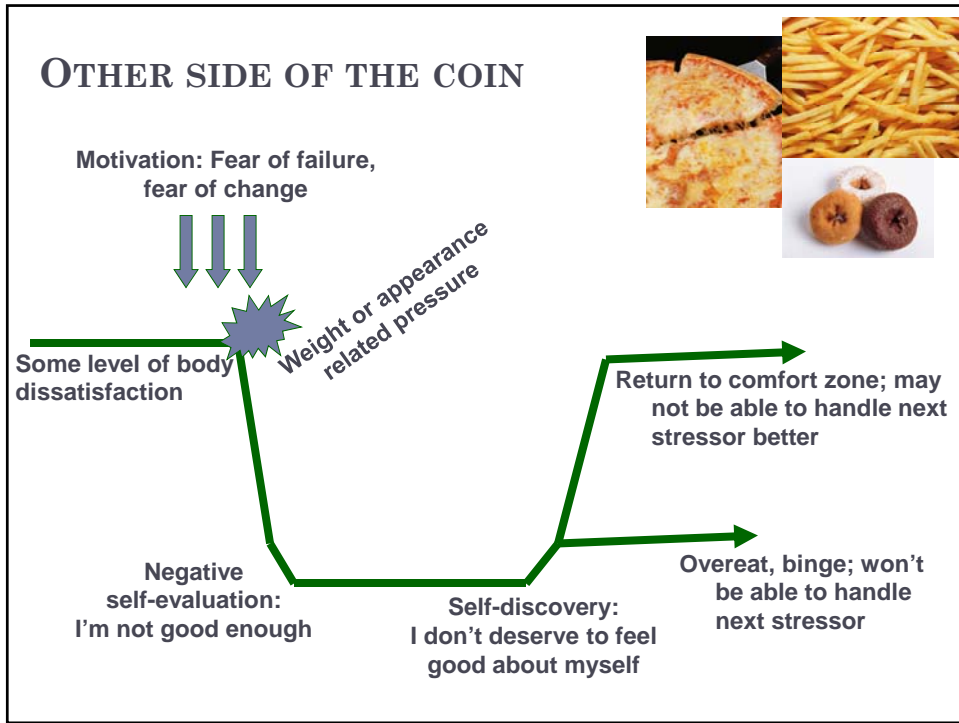


HOW CAN WE CHANGE THESE BEHAVIORS?


- Resilience
 - An area of inquiry that allows the exploration of interpersonal gifts and strengths that can be accessed to grow through adversity
- Metatheory of Resilience and Resiliency
 - Resilient qualities
 - Self esteem, optimism, self-efficacy
 - Resiliency process
 - Coping in a manner that increases resilient qualities
 - Innate resilience
 - Motivation (drive) to pursue self-actualization, altruism, harmony, wisdom

Richardson, 2002






HOW THIS CAN BE USED

- Starting the Resilient Voyage
 - Resilient Perspective: recognize stressors, challenges, and opportunities so you can see beyond them
 - Resilient Mapping will help you recognize the outcomes of your choices.
 - Positive evaluation and self-discovery
 - Imagery
 - Meditation
 - Resilient self-talk
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HOW THIS CAN BE USED

- Embrace your innate resilience
 - Self-actualization
 - Turn physical activity into “fun” and “play”
 - Altruism
 - Role play to teach forgiveness and relieve guilt
 - Harmony
 - Tai Chi, Intuitive eating
 - Wisdom
 - Lessons from the Resilient Voyage
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Thank you!

