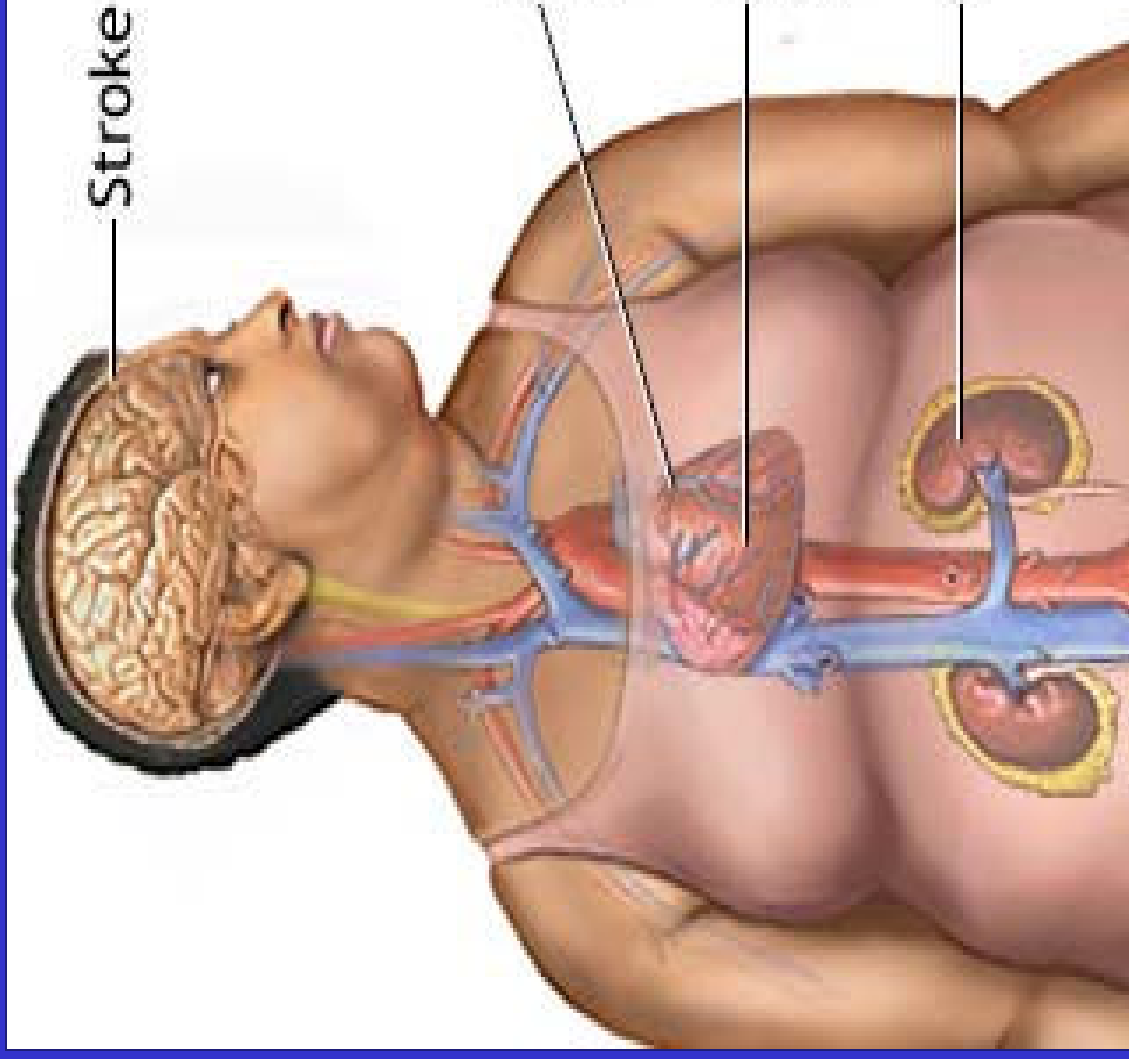


Body Image & Obesity



Being overweight can lead to high blood pressure and related complications



Body Image & Obesity

Being overweight can lead to high blood pressure and related complications

Body Image & Obesity

Stroke

Blood vessel damage (arteriosclerosis)

Kidney failure

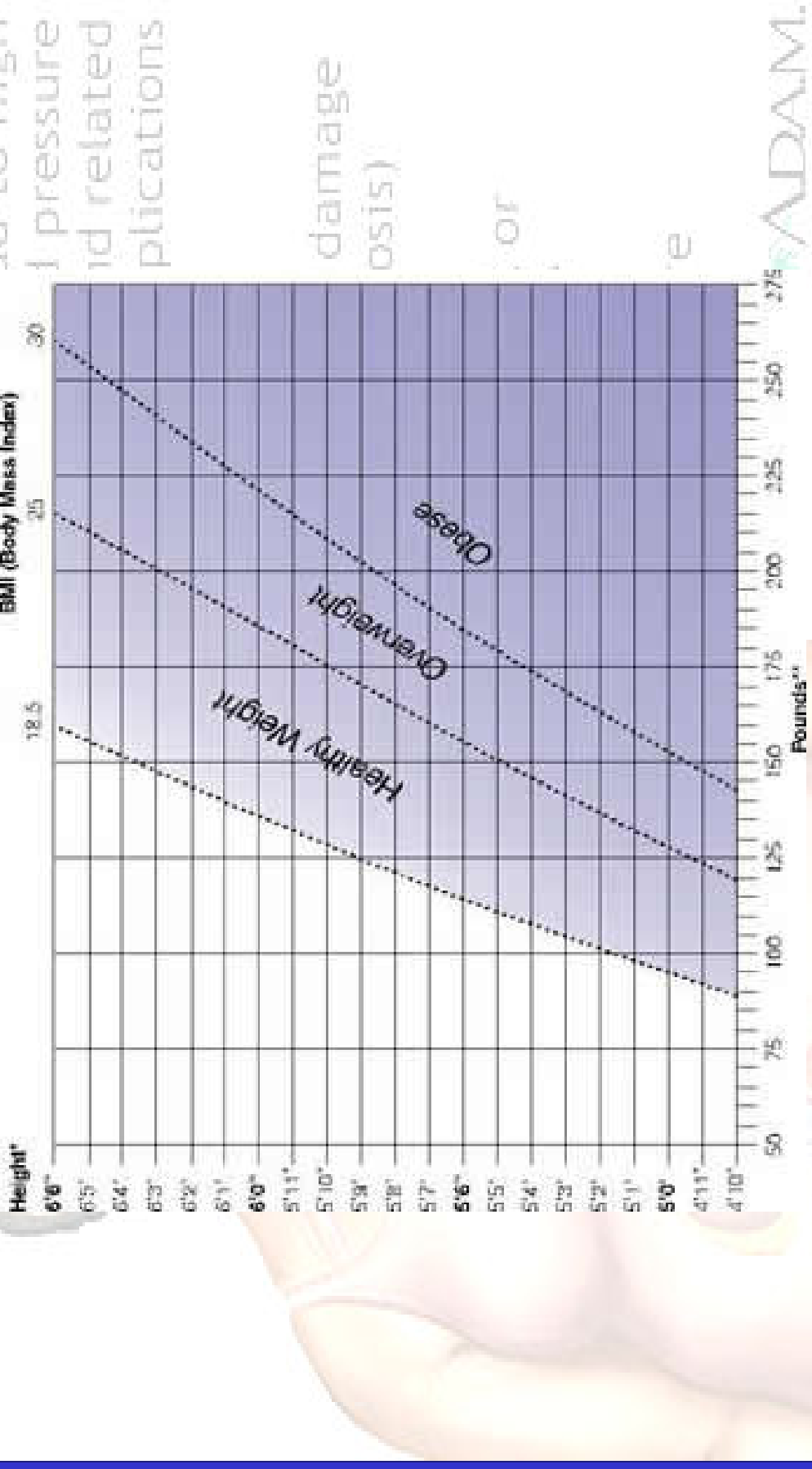
ADAM

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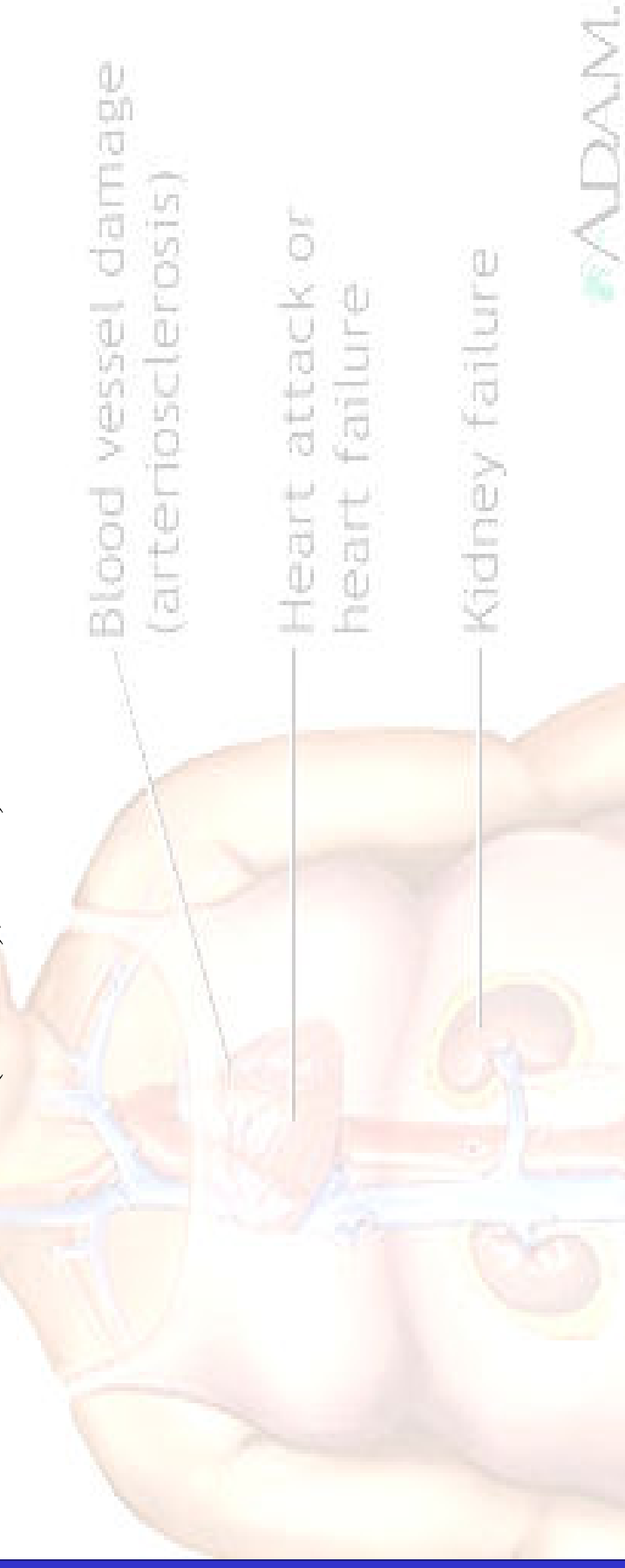
Definition of Obesity

- Obesity is defined by a BMI ratio of 30+.



Definition of Body Image

- Body image is the way a person sees himself. This is not necessarily what he really is.
- “How we feel about how we look” (National Woman’s Health Information Centre (U.S.A.), 2003).



Definition of Body Image

- **What is Body Image?**—Stroke
Being overweight can lead to high blood pressure and related complications
- How you see or picture yourself.
- How you feel others perceive you.
- What you believe about your physical appearance.
- How you feel about your body. blood vessel damage (arteriosclerosis)
- How you feel in your body. heart failure
- Psychologists and counselors agree that a negative body image is directly related to self-esteem. The more negative the perception of our bodies, the more negative we feel about ourselves.



Self-Esteem & Its Elements

- Self-esteem means loving respect and dignified caring of ourselves (Fronske Health Center, 2001).
- Here are some basic elements of self-esteem:
 - **TRUST** starts early in life and is based on how we are received into the world. We learn to trust ourselves and begin to have a realistic trust of others. We begin to develop confidence in the self's ability to choose others who are safe--who will not injure or exploit.

Elements of Self-Esteem

- **SELF-NURTURE** is born of trust--we learn how to be caretakers of ourselves. Self-nurturing is an essential ingredient of self-esteem.
- **AUTONOMY** comes from mastery. We work through necessary dependencies, to a growing independence. We find interdependence when we can separate ourselves from others around us and yet retain vital connections to others.

Elements of Self-Esteem

- **IDENTITY** grows. We begin to know who we are and who we are becoming. In each stage of life, self-esteem undergoes change and growth. We fool more solid as our identity grows.
- **INTIMACY** develops from identity and the need for connection. It is the ability to relate closely and to know the limits of closeness. We yearn to lose ourselves in love and yet we need to retain our own separate essence (Fronskes Health Center, 2001).

Body Image Principles to Our Health

- Our health, which we sometimes can and cannot control, affects not just how we feel but how we look. Being overweight can lead to high and related complications
- Our body image can change when we have a health condition or illness, such as a skin disease or a disease like cancer. (arteriosclerosis)
- The good news is that information truly is power. Learning about how our health affects our body image is an important first step in developing a positive body image. ADAM.

Body Image Principles to Quidy Health

- **Health Concerns that Can Affect Body Image:**
 - Aging
 - Alopecia
 - Cancer (breast, uterine, cervix, colon, skin, prostate, etc.)
 - Cosmetic Surgery
 - Diabetes
 - HIV and AIDS
 - Lupus
 - Menopause
 - Oral Health
 - Polycystic Ovary Syndrome (PCOS) and Infertility
 - Pregnancy
 - Skin Disorders and Scarring



Developing a Healthy Body Image

- **Guidelines that can help work towards a positive body image:**
 1. Listen to your body. Eat when you are hungry.
 2. Be realistic about the size you are likely to be based on your genetic and environmental history.
 3. Exercise regularly in an enjoyable way, regardless of size.
 4. Expect normal weekly and monthly changes in weight and shape.
 5. Work towards self acceptance and self forgiveness- be gentle with yourself.
 6. Ask for support and encouragement from friends and family when life is stressful.
 7. Decide how you wish to spend your energy -- pursuing the "perfect body image" or enjoying family, friends, school and, most important of all, life.

Developing a Healthy Body Image

- **Think of it as the three A's....**
- *Attention* -- Refers to listening for and responding to internal cues (i.e., hunger, satiety, fatigue).
- *Appreciation* -- Refers to appreciating the pleasures your body can provide.
- *Acceptance* -- Refers to accepting what is -- instead of longing for what is not (Lightstone, 2003).

Heart attack or
heart failure

Kidney failure



Body Image & Quiz

Take the following quiz and see how your Body Image

I.Q. measures up. Check the most appropriate answer:

1. Have you avoided sports or working out because you didn't want to be seen in gym clothes? Yes ___ No ___
2. Does eating even a small amount of food make you feel fat?
Yes ___ No ___
3. Do you worry or obsess about your body not being small, thin or good enough? Yes ___ No ___
4. Are you concerned your body is not muscular or strong enough?
Yes ___ No ___
5. Do you avoid wearing certain clothes because they make you feel fat?
Yes ___ No ___

Body Image Quiz & Quiz (cont'd)

6. Do you feel badly about yourself because you don't like your body? Yes _____ No _____
7. Have you ever disliked your body? Yes _____ No _____
8. Do you want to change something about your body? Yes _____ No _____
9. Do you compare yourself to others and "come up short?" Yes _____ No _____

- If you answered "Yes" to 3 or more questions, you may have a negative body image.

Blood vessel damage (arteriosclerosis)

Heart attack or heart failure

Kidney failure

