

Feed

The Silence

UAEU College of Food
and Agriculture



جامعة الإمارات العربية المتحدة
United Arab Emirates University

NUTR 404 Nutrition Communication & Education

Feed

The Silence

Beyoncé:

Thinner is better?
Bigger is better?

Sarah A.:

I survived on just
water.



Eating disorders
is not gender
specific



Body image over
time: celebrities
highlights

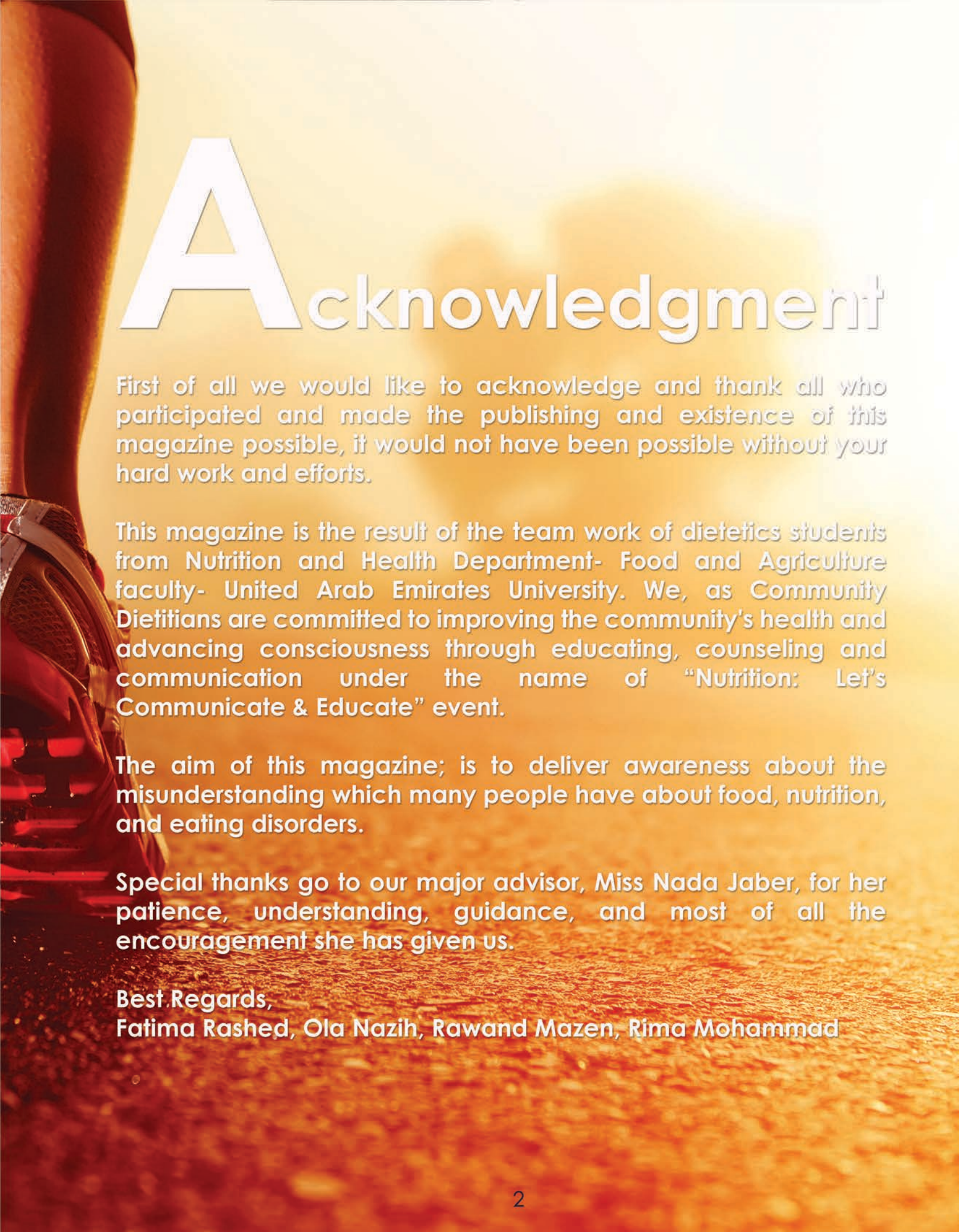
Professor Antonios Zampelas:

Eating disorders are of a major concern in
UAE with a prevalence of 20 to 25%



Content

- Acknowledgment
- Body image - Overview
- Beyoncé: Thinner is better? Bigger is better?
- Eating Disorders – Overview
- Anorexia Nervosa
- Bulimia Nervosa
- Treatment of eating disorders
- Eating disorders Facts
- Quiz: Do I suffer from any eating disorders?
- Body image over time: celebrities highlights
- Professor Antonios Zampelas
- Sarah A.: I survived on just water.
- How to maintain a healthy body weight



Acknowledgment

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This magazine is the result of the team work of dietetics students from Nutrition and Health Department- Food and Agriculture faculty- United Arab Emirates University. We, as Community Dietitians are committed to improving the community's health and advancing consciousness through educating, counseling and communication under the name of "Nutrition: Let's Communicate & Educate" event.

The aim of this magazine; is to deliver awareness about the misunderstanding which many people have about food, nutrition, and eating disorders.

Special thanks go to our major advisor, Miss Nada Jaber, for her patience, understanding, guidance, and most of all the encouragement she has given us.

Best Regards,
Fatima Rashed, Ola Nazih, Rawand Mazen, Rima Mohammad

Body image - Overview

Does any of this sound familiar to you? "I'm too tall." "I'm too short." "I'm too fat." "If only I can change certain thing in my body." are you putting yourself down and pressure yourself to lose weight to feel better about yourself? If so, you're not alone research has shown that approximately 91% of women are unhappy with their bodies and resort to dieting to achieve their ideal body shape and 58% of college-aged girls feel pressured to be a certain weight. As a teen, you're going through lots of changes in your body. And, as your body changes, so does your image of yourself. It's not always easy to like every part of your looks, but when you get stuck on the negatives it can really bring down your self-esteem.

•What is body image?

Body image is how people see themselves when they look in the mirror or when they picture themselves in their minds and there are two types of body image negative and positive.

•What a Positive Body Image?

A clear, true perception of your shape--you see the various parts of your body as they really are. You feel proud, comfortable and confident of your unique body.



•What is negative Body Image?

A distorted perception of your shape--you perceive parts of your body unlike they really are. Where you may get a complication of bad feelings and be uncomfortable and awkward in your own body. In some cases it may lead to eating disorders. Often, young people who are early dissatisfied about their bodies and want to enhance their appearance will seek to lose weight to feel better about themselves. Thus, restrictive eating and over exercising come about, frequently leading to patterns of disordered eating and weight obsession that can develop into anorexia or bulimia and Binge Eating Disorder. Several researches have shown that 95% of people with eating disorders are between the ages of 12 and 25.

•What Influences a Person's body image ?

Puberty and Development

Some people struggle with their self-esteem and body image when they begin puberty because it's a time when the body goes through many changes.

Media Images and Other Outside Influences

Our tweens and early teens are a time when we become more aware of celebrities and media images. We might start to compare ourselves with other people or media images "ideals".





Beyoncé: Thinner is better? Bigger is better?

Beyoncé isn't just one of the world's most influential women. Today she is the world's most powerful celebrity, according to Forbes magazine. One of her interviews she said, **"I feel best when I'm not really thin and not really heavy - when I'm still curvy."**

Beyoncé has a strong opinion when it comes to body image where she it up pretty well in her song **"beauty hurts"** — she sings:

We try to fix
something but you
can't fix what you
can't see
it's the soul that
needs the surgery
Blonder hair, flat
chest
TV says, "Bigger is
better."
South beach, sugar
free
Vogue says,
"Thinner is better."

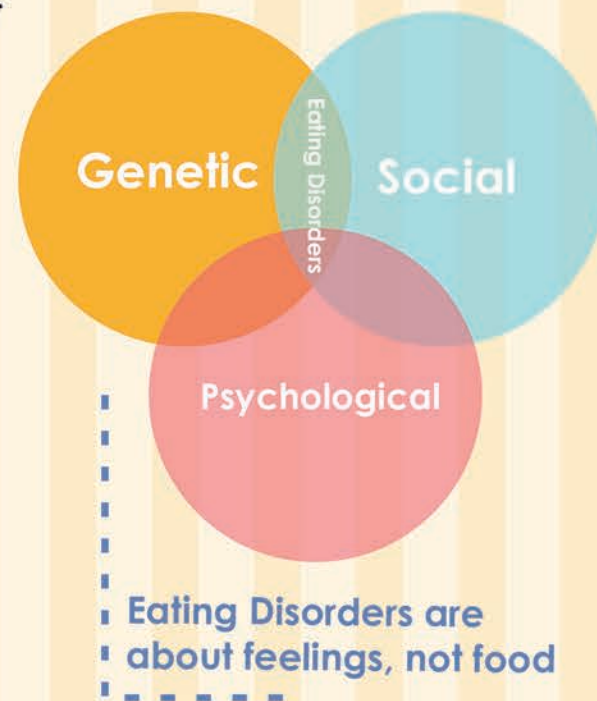
Eating disorders – Overview

What is an eating disorder?

Eating disorders are one of the unspoken secrets that affect many families. They are characterized by an abnormal attitude towards food that causes someone to change their eating habits and behavior. A person with an eating disorder may have started out just eating smaller or larger amounts of food, but at some point, the urge to eat less or more spiraled out of control. Also, a person with an eating disorder may focus excessively on their weight and shape, leading them to make unhealthy choices about food with damaging results to their health.

Causes

Eating Disorders are not just about food and weight. They are an attempt to use food intake and weight control to manage emotional conflicts that actually have little or nothing to do with food or weight. People with eating disorders are struggling with a number of emotional problems but, in some cases, they may appear to be functioning at a high level, such as enjoying success with school or work. Often, the only problem that appears to be with eating. However, healthier eating habits or stronger willpower are not the missing ingredients that will make the problem disappear. An eating disorder is an external solution to inner turmoil.



Psychological Factors that can contribute to Eating Disorders...

- Low self-esteem
- Feelings of inadequacy or lack of control in life
- Depression, anxiety, anger, or loneliness

Interpersonal Factors that Can Contribute to Eating Disorders...

- Troubled family and personal relationships
- Difficulty expressing emotions and feelings
- History of being teased or ridiculed based on size or weight

Social Factors that Can Contribute to Eating Disorders...

- Cultural pressures that glorify "thinness" and place value on obtaining the "perfect body"
- Narrow definitions of beauty that include only women and men of specific body weights and shapes
- Cultural norms that value people on the basis of physical appearance and not inner qualities and strengths.

Why are adolescent and young women so susceptible to getting an eating disorder?

According to the National Institute of Mental Health, it is because during this period of time, women are more likely to diet to try and keep a slim figure and/or try stringent dieting. Certain sports (such as gymnastics) and careers (such as modeling) are especially prone to reinforcing the need to keep a fit figure, even if it means purging food or not eating at all.

Anorexia Nervosa

Anorexia nervosa is the name for simply starving yourself because you are convinced you are overweight. It is a serious, life-threatening disorder, which can cause severe medical problems and even lead to death. The condition often develops out of an anxiety about body shape and weight that originates from a fear of being fat or a desire to be thin. The disorder involves extreme weight loss (at least 15% below the individual's "ideal" weight) and a refusal to maintain a normal body weight. Anorexia most commonly affects girls and women, although it has become more common in boys and men in recent years. On average, the condition first develops at around the age of 16 to 17 years.

Anorexia Nervosa causes

The exact cause of anorexia nervosa is unknown. As with many diseases, it's probably a combination of biological (genetics changes), psychological (emotional characteristics) and environmental factors (media and social pressure).

Signs and symptoms of anorexia Nervosa

People with anorexia often go to great lengths to hide their behavior from family and friends by lying about what they have eaten.

Here are some of the common warning signs that indicate that a person may be suffering from anorexia:

- Extremely thin body
- Repeatedly weighing themselves or checking their body in the mirror
- Intense fear of gaining weight
- Refusing to eat although they are hungry
- Distorted body image and low self-esteem

Medical complications of Anorexia Nervosa ...

- Anemia
- Heart problems
- Bone loss
- absence of a period
- Gastrointestinal problems
- Death



Bulimia Nervosa

Bulimia nervosa is characterized by recurrent and frequent episodes of eating unusually large amounts of food and feeling a lack of control over the eating. This binge-eating is followed by a type of behavior that compensates for the binge, such as purging (vomiting). People with bulimia nervosa do two things. Bulimia nervosa can be extremely harmful to the body. The recurrent binge-and-purge cycles can lead to several medical complications.

Bulimia Nervosa causes

There is no single cause of bulimia. While low self-esteem and concerns about weight and body image play major roles, there are many other contributing causes. In most cases, people suffering from bulimia have trouble managing emotions in a healthy way. Eating can be an emotional release so it's not surprising that people binge and purge when feeling angry, depressed, stressed, or anxious.

Signs and Symptoms of bulimia Nervosa

- Binge eating and cannot voluntarily stop
- Purging
- Using laxatives or diuretics
- Obsession about weight and body image
- Feels guilty after eating
- Excessive exercising after eating

Medical complications of bulimia Nervosa ...

- Teeth decay as a result of exposure to stomach acid
- Acid reflux disorder and other gastrointestinal problems
- Severe dehydration from purging of fluids
- Heart diseases



Treatment of eating disorders

(Anorexia nervosa and Bulimia nervosa)

Treating eating disorders can be challenging. Effective treatment addresses the underlying emotional and mental health issues, issues that often date back to childhood and a person's self-perception and self-image. Indeed, many of the treatment approaches focus on helping a person with eating disorder to understand how their own self-image impacts their eating behavior. Moreover it's important to know that eating disorders are mainly psychological.



Steps of treatment include:

1. Psychotherapy

This type of therapy can help patient to deal with the behavior and thoughts that contribute to eating disorders by increasing self-esteem and overcoming their unstable emotional feelings. Further antidepressants or other psychiatric medications can help treating these disorders.

2. Nutritional therapy

The first goal of nutritional treatment is getting back to a healthy weight which include providing specific meal plans and calorie requirements that will help to meet weight goals.

3. Social support

Society and family are important part of eating disorder treatment. They are involved in making sure that healthy-eating patterns are followed and the psychological therapy is in progress.

If it is not treated, an eating disorder can have a negative impact on someone's lifestyle and relationships with family members and friends. The physical effects of an eating disorder can sometimes lead to death. Treatment for eating disorders is available, although recovering from an eating disorder can take a long time.

Eating disorders facts



1 / 10

People with an eating disorder get help



50%

With an eating disorder meet the criteria for depression



25%

Suffering with eating disorders will die due to their condition



15%

Male

85%

Female

Have some form of eating disorder

Body image over time

celebrities highlights

How has body shape changed during the last century? What were the popular and glamorized body shapes of the day?

Marilyn Monroe

Body ratio
36-23-35
Height
5 feet , 5 inches
Weight
118 pounds
Dress size (US)
12

- Marilyn Monroe owned the hourglass figure in the '50s and has made it the universal symbol of femininity and beauty.
- We can say that women of the 50s embraced the natural female body perhaps more than any other era. Full bodies were expected and not only for beauty but a sign of health also.



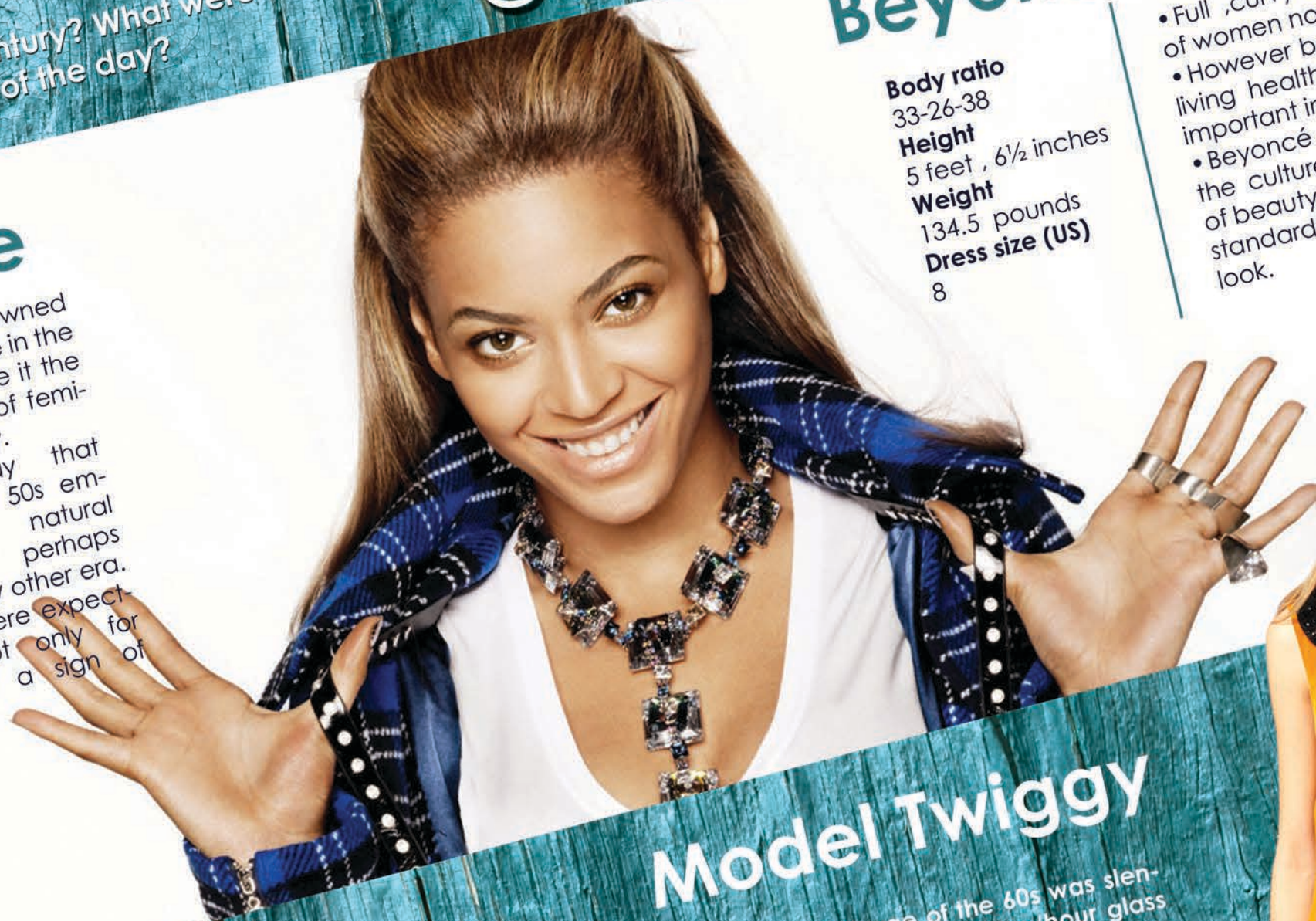
50's century

21's century

Beyoncé

Body ratio
33-26-38
Height
5 feet , 6½ inches
Weight
134.5 pounds
Dress size (US)
8

- Full ,curvy bodies is the desire of women nowadays
- However being in shape and living healthy life style is more important in this century
- Beyoncé managed to push the culture and the aesthetics of beauty further away from the standard fashion zero models look.



Model Twiggy

Body ratio
32-23-32
Height
5 feet , 6 inches
Weight
90 pounds
Dress size (US)
10

- The ideal image of the 60s was slenderness. In contrast to the 'hour glass figure' of the 1950s.
- Underweight women became the ideal image for models and actresses after skinny British model Twiggy was introduced in America.
- Her skinny frame and modern, boyish image helped her stand out from other models.

60's century



DO I SUUFER FROM ANY EATING DISORDERS?

Instructions: This quiz will help you to determine whether you might have an eating disorder that needs professional attention. So take time, be honest and fill out the below quiz as accurately and completely as possible.

To find out your result, use these answering marks:
Always = 3, Sometimes= 2, Never = 1

	Always	Sometimes	Never
I check my weight regularly (more than once a day / every day/every week)			
I Don't like my body shape/ size			
I care about what people think about my body shape			
I avoid eating when I am hungry			
Other people think that I am too thin			
I am terrified about being overweight			
I feel extremely guilty after eating			
I particularly avoid food with high carbohydrate content (i.e. bread, rice, potatoes, etc.)			
I feel uncomfortable after eating sweets			
I am aware of the calorie content of foods that I eat			
I feel that food controls my life			
I don't eat randomly, I have my own diet			
I vomit after I have eaten			
I use laxatives, diet pills or diuretics to control my weight or shape			
I go to the gym every day and I over exercise after eating			

If you scored...

38 and above

30- 37

15-29

Eating disorder is...

Likely / at high risk of develop eating disorders

Probable / at risk of developing eating disorders

Unlikely to develop eating disorders

Well, now sum up your score and read your result but remember this is not meant as a diagnosis tool...!

Likely / high risk of develop eating disorders

Upon your response in this quiz and if your BMI is under 18.5; unfortunately you may be at significant risk of developing an eating disorder and likely experience serious eating or weight concerns. However, it would be advisable and likely beneficial for you to seek a professional diagnosis from a trained mental health professional in your community immediately.

Probable / at risk of developing eating disorders

You have answered this quiz in such a way as to suggest that you may be suffering from an eating disorder. You have also noted behaviors that indicate a potentially significant problem common among people with eating disorders (such as bingeing, vomiting, using laxatives, etc.). This further strongly suggests you should seek an additional help from an eating disorder specialist.

Unlikely to develop eating disorders

According to your answers it's suggested that you do not likely currently suffer from an eating disorder. However you should not take this as a diagnosis or recommendation for treatment in any way, though.



Professor Zampelas

Who's Professor Zampelas?

It's an honor to introduce the professor that filled his path of researches and our expectations with proudness and provided us with reliable information and knowledge... Besides his proven track record of achievements and experience in Nutrition and health sciences, Professor Zampelas is currently teaching in UAE University at the Department of Nutrition and Health. His letter of intent for PhD was in Human Nutrition from the University of Surrey, UK. His research interest was done on the development of nutritional educational programs for Greek school children to prevent childhood obesity. Moreover he is now Vice President of the Hellenic Society of Medical Nutrition and Associate Editor of the International Journal "ATHEROSCLEROSIS".

Eating disorders in UAE community

(An interview with Professor Antonios Zampelas)

Q: Do you think that eating disorders (Anorexia & Bulimia) is being a concern in UAE?

From the data published so far, it seems to me that eating disorders, together with obesity, are of a major concern in UAE. Therefore, public health initiatives should be taken not only to prevent and treat obesity but also to prevent and treat anorexia and bulimia. The up-to-date data show that the prevalence of eating disorders is within the range of 20 to 25%, and these are figures that you see only in countries with a long history with these disorders.

Q: Which is the most involved age group?

The most involved age group is female adolescents but there is also a study which showed an unexpectedly high prevalence of eating disorders in male adolescents too.

Q: In your opinion, what are the main reasons that cause eating disorders among Emirati females?

In general, I would say the rapid "westernization", the urbanization, the TV movies, TV shows and advertisements with a lot of influence by the current western culture. I am saying current, because there is a lot of discussion in USA and Europe about how to intervene, as societies and governments, in order to decrease this problem, which is a health problem of the individual who suffers. However, together with her, the family suffers too.

Q: Do parents play a role in the development of these disorders?

In principle, and at least what we now from other countries, the stricter the family environment, the higher the risk for a girl to develop some kind of eating disorder. Usually, girls with severe symptoms don't like themselves and their body. Consequently, they restrict and punish themselves and therefore, they need all the love, understanding and support from their parents. If they don't have it, the situation may get worse and in some cases, it may become life threatening.

Q: How the media affect the occurrence of these disorders among adolescents?

The media play a vital role. More specifically, TV channels from western countries promote a specific body image, which for the girls is a thin one. This body image may contribute to professional success as a model and as an actress sometimes, but it may also contribute significantly to the development of health problem in later life stages. Osteoporosis, blood lipid disorders and problems in the menstrual cycle are the most important ones. Recognizing the impact that TV has in young girls, is the first step towards the solution of the problem.

Q: What is your advice to female adolescents concerning eating disorders (Anorexia and bulimia)?

My advice to them is to get familiar with their body and start being happy with it, because it is part of their personality. In addition, it is important to have a balanced and healthy diet, be physically active and keep their body weight in a normal, healthy range.

Thank you professor Antonios Zampelas , we're extremely appreciating your generosity for giving us your time.



Sarah A. : I survived on just water.

Here is an interview with Sarah A., she is suffering from eating disorder problem. For more than 25 years from childhood to becoming a mother, from schoolgirl to successful finance professional. This intelligent and articulate woman hid her disorder as it slowly started to dominate her life.

Let's see what she says about her case and diagnose.

Q: How it started?

I was 11 when I first decided to see how long I could go without eating, I remember. I was a ballet dancer back then and I weren't remotely overweight but when you do something like that – when you're dressed in leotard and tights – you always want to be skinnier so I went two and a half. When I ended my fast, I had just a single cube of cheese and a tomato. After that I survived on just water, chastising myself when I had to have a carrot or piece of bread and then started all over again.

Q: What did you feel after doing that?

I felt good actually. I felt I'd achieved something, that I'd had taken control over my body. So I kept doing it. I had no idea then that what I was actually doing had a name: Anorexia.

Q: So what force you to do that?

- My first reason started when I was in School; I was a ballet dancer so I want skinny, perfect body.
- Then when I grew up and married although I have everything – children, career, and a beautiful villa. Until 2007 that year my mother died – she'd been diagnosed with cancer and the loss makes my weight bounced from 40kg to 66kg – and back again – all in less than a year.

Q: How did the disease proceed?

I would get home and eat as much as I could as quickly as I could, and then I'd feel so stuffed and guilty I'd end up throwing half of it away, promising myself that was the last time I'd ever do it. "But then by the afternoon I'd be thinking, 'Well, I've already binge-eaten today so I may as well turn over a new leaf tomorrow and do it one last time this afternoon', and so I'd go back to the supermarket to buy even more." At the height of her addiction – she says, shortly after my mother passed away with cancer in 2007 – I binge-ate every day for two weeks, each morning promising myself starts a fresh tomorrow. "But then I wouldn't be able to sleep – because of all the sugar, probably – and I'd wake up tired and depressed, and start all over again." I started to hide credit card bills and receipts that would have shown to my husband how much I was spending in the supermarket; then not using it at all. "It was, like... cash only."

Q: Did you realize how the disease was serious?

Yes, I know it all better than most. Binge eaters, like alcoholics, are never considered 'cured', unless they saw specialist. "It affected my life, there's no doubt about that, but I always thought I had it under control.

Q: Tell me about your journey of recovering?

My husband had obviously noticed things weren't right before and we'd discussed them and I'd been to a doctor, but that's when he realized how serious it was. It was decided I had to go to a hospital. Yet, even at that point, I refused to acknowledge the seriousness of the problem. After three weeks I was checked out. I'd sort of accepted that's who I was, that is until the day my husband came home and announced he had been offered a job in the UAE. But now thanks to specialists' right here in the UAE. And, though my story is harrowing, it is one that perhaps offers hope for others, while also showing the sheer skills of our country's medics in dealing with the problem.

Thank you Sarah for giving us the opportunity to have this talk with you.. We hope that your story will be a good lesson for many girls...

How to maintain a healthy body weight

Reaching and maintaining a healthy weight is important for overall health and can help you prevent and control many diseases, including heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers. It helps you lower your risk for developing these problems, helps you feel good about yourself, and gives you more energy to enjoy life.

The amount of energy or calories you get from food and drinks (energy IN) is balanced with the energy your body uses for things like breathing, digesting, and being physically active (energy OUT):

- The same amount of energy IN and energy OUT over time = weight stays the same (energy balance)
- More energy IN than OUT over time = **weight gain**
- More energy OUT than IN over time = **weight loss**

To maintain a healthy weight, your energy IN and OUT don't have to balance exactly every day. It's the balance over time that helps you maintain a healthy weight.



Body mass index (BMI)

Body mass index, or BMI, is a way to help you figure out if you are at a healthy weight for your height. BMI is a number based on your weight and height. Using the formula BMI =

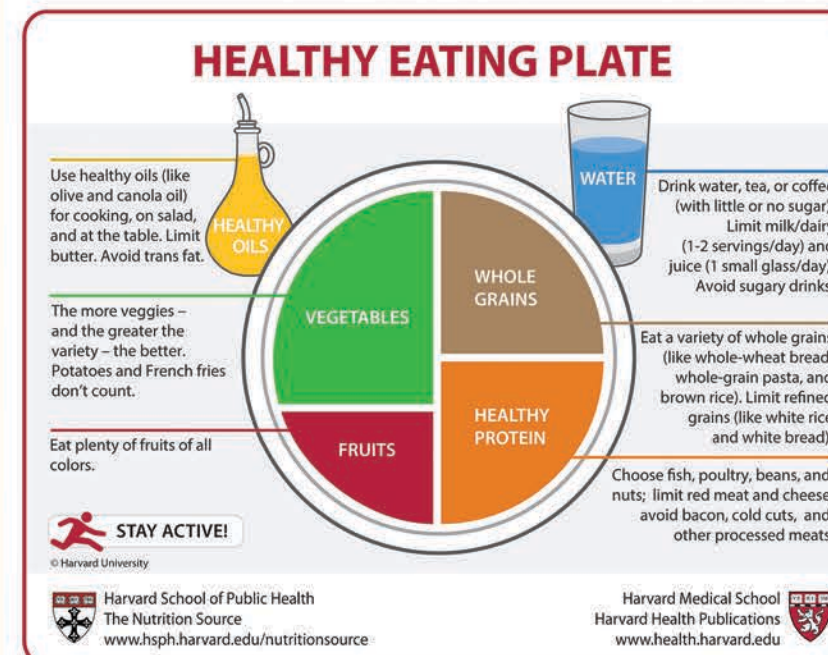
$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height}^2 (\text{m}^2)}$$

BMI is used to define different weight groups in adults 20 years old or older. The same groups apply to both men and women.

- Underweight: BMI is less than 18.5
- Normal weight: BMI is 18.5 to 24.9
- Overweight: BMI is 25 to 29.9



Food groups and healthy eating plate



Easy and simple general steps for healthy body weight.

- 1 - **Carefully examine your diet and exercise routine.** Are there things that should be omitted from your diet? Do you need to exercise more often?
- 2 - **Be realistic.** Calculate BMI to find your ideal healthy weight. So that the aim will be reaching this target not less and not more.
- 3 - **Get in touch with your old "slimming" buddies.** They may be interested in renewing an exercise routine. Companionship and support will increase the chance of sticking to a routine.
- 4 - **Exercise on a regular basis.** It doesn't matter where and when you exercise, as long as you keep moving and get warmed up.

5 - **Eat less food, more often.** Small meals don't work for everyone. Eating five or even six smaller meals can really make a big difference in your energy level and how you feel overall.