Eating Disorders: Creating a New Standard

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Anorexia and Bulimia: Creating a New Standard

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Introduction

- Eating disorders are perhaps one of the most misunderstood diseases.
- Many stereotypes surround eating disorders like anorexia and bulimia.
- Factors that contribute to disordered eating can be sociocultural or biological.
- Beauty standards change as society changes, and sacrifices must be made to obtain the ideal body image.
- In society, families and standards of beauty are influenced by eating disorders.
- Women in Ecuador are beginning to reshape beauty standards.

Methodology

Boskind-Lodahl, Marlene. “Cinderella’s Stepsisters: A Feminist Perspective on Anorexia Nervosa and Bulimia.”
Erynn Masi de Casanova. “‘No Ugly Women’: Concepts of Race and Beauty among Adolescent Women in Ecuador.”
Collins, Jill Meredith. “NURTURING Destruction: Eating Disorders Online.”
Harris, Shanette M. “Body Image Attitudes, Physical Attributes and Disturbed Eating among African American College Women.”
Ray, Shannon L. “Eating Disorders in Adolescent Males.”

Research Findings

- Eating disorders like anorexia and bulimia can be defined by many different standards.
- There are many eating disorders outside of anorexia and bulimia.
- They have traditionally been seen as a woman’s disease.
- 10% to 15% of all cases are men.
- The first clinically recorded eating disorder was a male patient.
- Shame and emasculation are associated with eating disorders.
- Many aspects of age perpetuate eating disorders.
- Ages 12 to 26 with a peak from 14 to 18 is the age bracket that struggles most often with eating disorders.
- Movies, social media, television shows, and websites reveal details to sensitive viewers like children and teenagers.
- Eating disorders often present differently in different cultures.

Conclusion

- There are two reasons that eating disorders, specifically anorexia and bulimia, and perceived as a white woman’s disease.
- Anorexia and bulimia affect beauty standards and families and are in turn influenced by these societal factors.
- Stress disrupts the normalcy a family is accustomed to, perpetuating eating disorders.
- Both parents and children contribute in the progression of eating disorders.
- Eating disorders can affect the relationship between two spouses.
- Women in Ecuador hold to the traditional standard of beauty that Caucasian and skinny equates beautiful.
- In practice, Ecuadorian women are less critical and more accepting of nontraditional standards of beauty.
- This inclusion and acceptance can become a new model for beauty standards.

A chaotic and stressful familial environment can perpetuate eating disorders in both young girls and boys.

A young man has lost significant weight due to a severe eating disorder like anorexia nervosa or bulimia nervosa.

Social media, television shows, movies, and online sites clearly illustrate the details of eating disorders to children and teenagers.