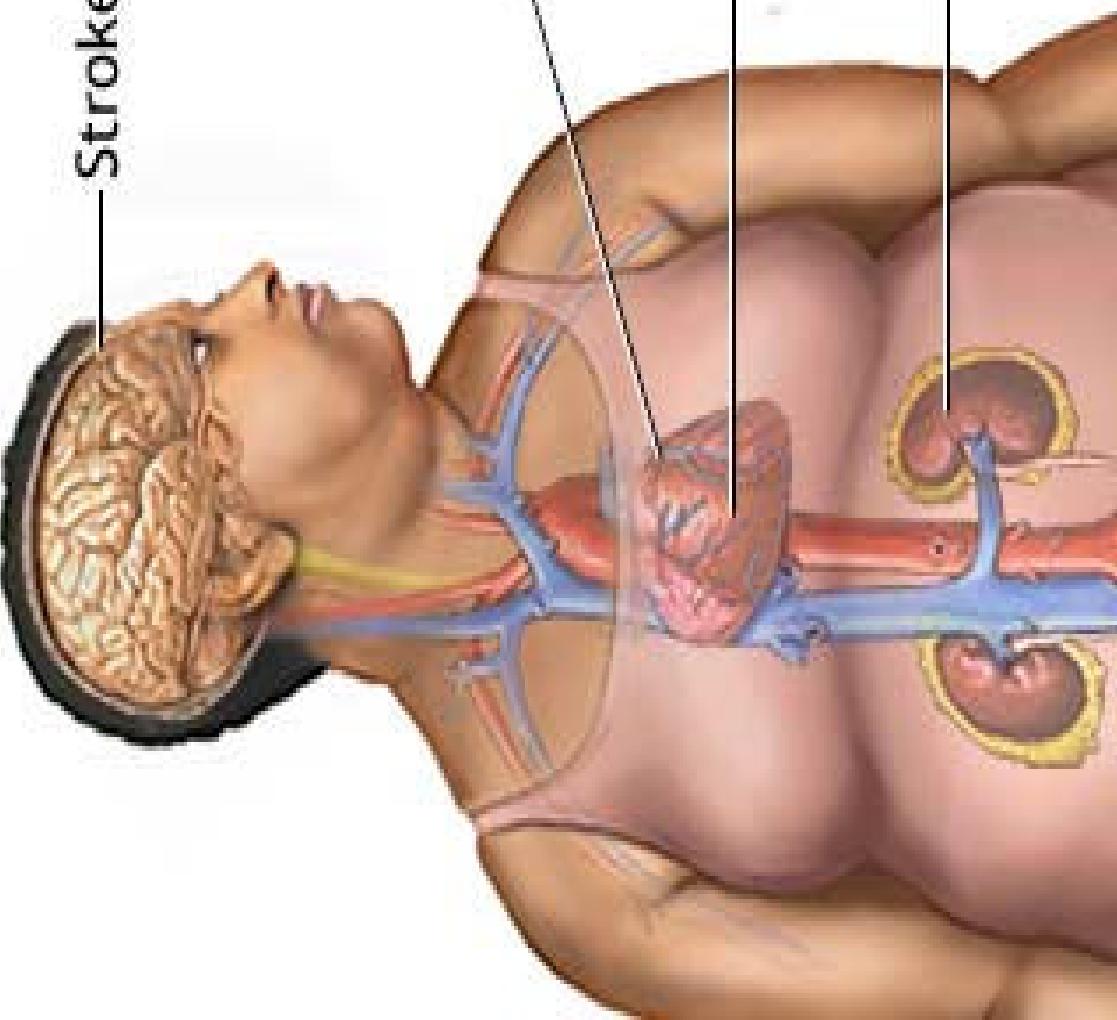


Body Image & Obesity



Being overweight can lead to high blood pressure and related complications

Blood vessel damage (arteriosclerosis)

Heart attack or heart failure

Kidney failure



Body Image & Obesity



Body Image & Obesity

Lecture by: Geoffrey Axiak

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Body Image & Obesity

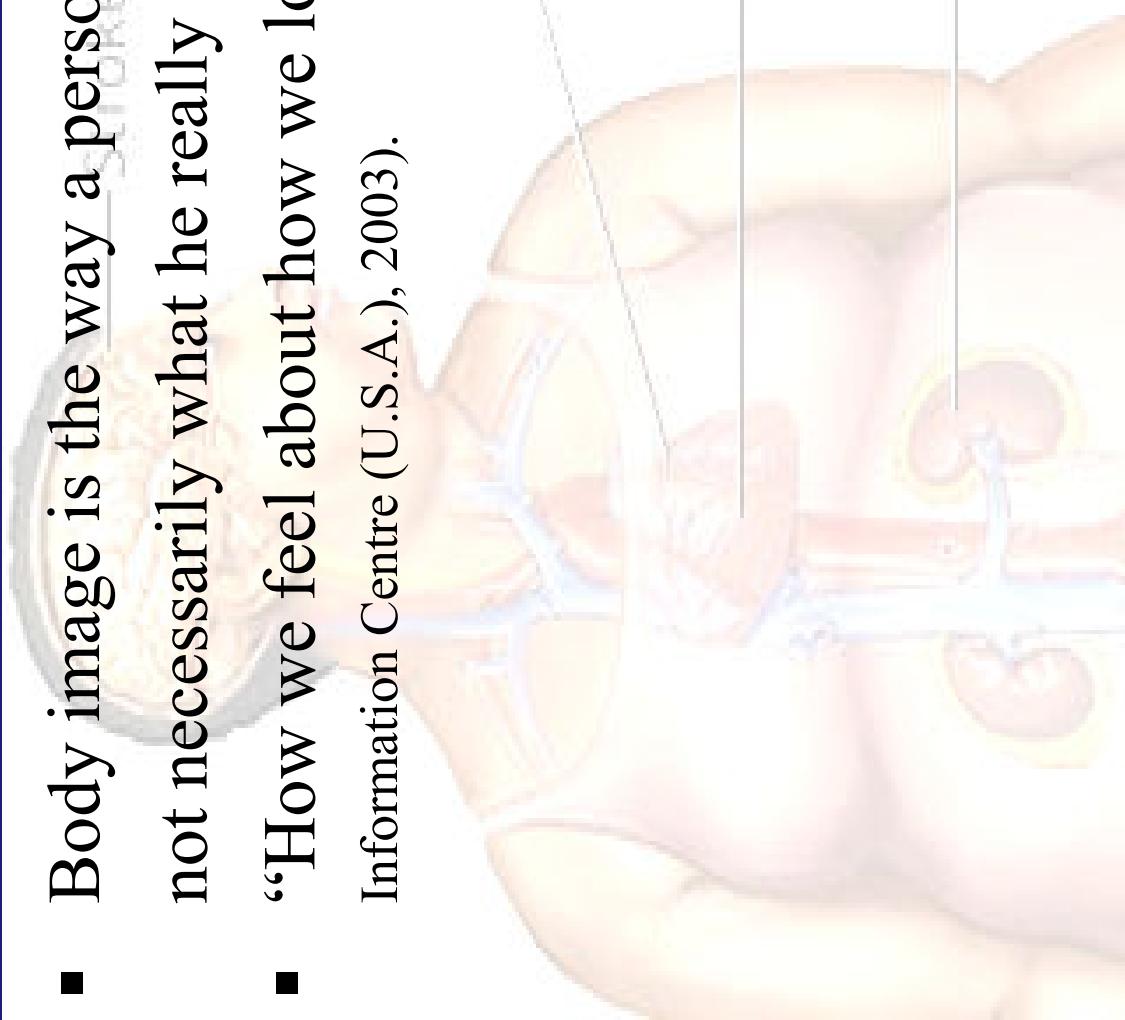
Geoffrey Axiak

Definition of Obesity

- Obesity is defined by a BMI ratio of 30+.
- Overweight lead to high pressure related complications
- damageosis)
- or
- Obesity
- Overweight
- Healthy Weight
-
- | BMI | 5'0" | 5'2" | 5'4" | 5'6" | 5'8" | 6'0" | 6'2" | 6'4" | 6'6" | 6'8" | 6'10" | 6'12" | 6'14" | 6'16" | 6'18" | 6'20" | 6'22" | 6'24" | 6'26" | 6'28" | 6'30" | 6'32" | 6'34" | 6'36" | 6'38" | 6'40" | 6'42" | 6'44" | 6'46" | 6'48" | 6'50" | 6'52" | 6'54" | 6'56" | 6'58" | 6'60" | 6'62" | 6'64" | 6'66" | 6'68" | 6'70" | 6'72" | 6'74" | 6'76" | 6'78" | 6'80" | 6'82" | 6'84" | 6'86" | 6'88" | 6'90" | 6'92" | 6'94" | 6'96" | 6'98" | 6'100" | 6'102" | 6'104" | 6'106" | 6'108" | 6'110" | 6'112" | 6'114" | 6'116" | 6'118" | 6'120" | 6'122" | 6'124" | 6'126" | 6'128" | 6'130" | 6'132" | 6'134" | 6'136" | 6'138" | 6'140" | 6'142" | 6'144" | 6'146" | 6'148" | 6'150" | 6'152" | 6'154" | 6'156" | 6'158" | 6'160" | 6'162" | 6'164" | 6'166" | 6'168" | 6'170" | 6'172" | 6'174" | 6'176" | 6'178" | 6'180" | 6'182" | 6'184" | 6'186" | 6'188" | 6'190" | 6'192" | 6'194" | 6'196" | 6'198" | 6'200" | 6'202" | 6'204" | 6'206" | 6'208" | 6'210" | 6'212" | 6'214" | 6'216" | 6'218" | 6'220" | 6'222" | 6'224" | 6'226" | 6'228" | 6'230" | 6'232" | 6'234" | 6'236" | 6'238" | 6'240" | 6'242" | 6'244" | 6'246" | 6'248" | 6'250" | 6'252" | 6'254" | 6'256" | 6'258" | 6'260" | 6'262" | 6'264" | 6'266" | 6'268" | 6'270" | 6'272" | 6'274" | 6'276" | 6'278" | 6'280" | 6'282" | 6'284" | 6'286" | 6'288" | 6'290" | 6'292" | 6'294" | 6'296" | 6'298" | 6'300" | 6'302" | 6'304" | 6'306" | 6'308" | 6'310" | 6'312" | 6'314" | 6'316" | 6'318" | 6'320" | 6'322" | 6'324" | 6'326" | 6'328" | 6'330" | 6'332" | 6'334" | 6'336" | 6'338" | 6'340" | 6'342" | 6'344" | 6'346" | 6'348" | 6'350" | 6'352" | 6'354" | 6'356" | 6'358" | 6'360" | 6'362" | 6'364" | 6'366" | 6'368" | 6'370" | 6'372" | 6'374" | 6'376" | 6'378" | 6'380" | 6'382" | 6'384" | 6'386" | 6'388" | 6'390" | 6'392" | 6'394" | 6'396" | 6'398" | 6'400" | 6'402" | 6'404" | 6'406" | 6'408" | 6'410" | 6'412" | 6'414" | 6'416" | 6'418" | 6'420" | 6'422" | 6'424" | 6'426" | 6'428" | 6'430" | 6'432" | 6'434" | 6'436" | 6'438" | 6'440" | 6'442" | 6'444" | 6'446" | 6'448" | 6'450" | 6'452" | 6'454" | 6'456" | 6'458" | 6'460" | 6'462" | 6'464" | 6'466" | 6'468" | 6'470" | 6'472" | 6'474" | 6'476" | 6'478" | 6'480" | 6'482" | 6'484" | 6'486" | 6'488" | 6'490" | 6'492" | 6'494" | 6'496" | 6'498" | 6'500" | 6'502" | 6'504" | 6'506" | 6'508" | 6'510" | 6'512" | 6'514" | 6'516" | 6'518" | 6'520" | 6'522" | 6'524" | 6'526" | 6'528" | 6'530" | 6'532" | 6'534" | 6'536" | 6'538" | 6'540" | 6'542" | 6'544" | 6'546" | 6'548" | 6'550" | 6'552" | 6'554" | 6'556" | 6'558" | 6'560" | 6'562" | 6'564" | 6'566" | 6'568" | 6'570" | 6'572" | 6'574" | 6'576" | 6'578" | 6'580" | 6'582" | 6'584" | 6'586" | 6'588" | 6'590" | 6'592" | 6'594" | 6'596" | 6'598" | 6'600" | 6'602" | 6'604" | 6'606" | 6'608" | 6'610" | 6'612" | 6'614" | 6'616" | 6'618" | 6'620" | 6'622" | 6'624" | 6'626" | 6'628" | 6'630" | 6'632" | 6'634" | 6'636" | 6'638" | 6'640" | 6'642" | 6'644" | 6'646" | 6'648" | 6'650" | 6'652" | 6'654" | 6'656" | 6'658" | 6'660" | 6'662" | 6'664" | 6'666" | 6'668" | 6'670" | 6'672" | 6'674" | 6'676" | 6'678" | 6'680" | 6'682" | 6'684" | 6'686" | 6'688" | 6'690" | 6'692" | 6'694" | 6'696" | 6'698" | 6'700" | 6'702" | 6'704" | 6'706" | 6'708" | 6'710" | 6'712" | 6'714" | 6'716" | 6'718" | 6'720" | 6'722" | 6'724" | 6'726" | 6'728" | 6'730" | 6'732" | 6'734" | 6'736" | 6'738" | 6'740" | 6'742" | 6'744" | 6'746" | 6'748" | 6'750" | 6'752" | 6'754" | 6'756" | 6'758" | 6'760" | 6'762" | 6'764" | 6'766" | 6'768" | 6'770" | 6'772" | 6'774" | 6'776" | 6'778" | 6'780" | 6'782" | 6'784" | 6'786" | 6'788" | 6'790" | 6'792" | 6'794" | 6'796" | 6'798" | 6'800" | 6'802" | 6'804" | 6'806" | 6'808" | 6'810" | 6'812" | 6'814" | 6'816" | 6'818" | 6'820" | 6'822" | 6'824" | 6'826" | 6'828" | 6'830" | 6'832" | 6'834" | 6'836" | 6'838" | 6'840" | 6'842" | 6'844" | 6'846" | 6'848" | 6'850" | 6'852" | 6'854" | 6'856" | 6'858" | 6'860" | 6'862" | 6'864" | 6'866" | 6'868" | 6'870" | 6'872" | 6'874" | 6'876" | 6'878" | 6'880" | 6'882" | 6'884" | 6'886" | 6'888" | 6'890" | 6'892" | 6'894" | 6'896" | 6'898" | 6'900" | 6'902" | 6'904" | 6'906" | 6'908" | 6'910" | 6'912" | 6'914" | 6'916" | 6'918" | 6'920" | 6'922" | 6'924" | 6'926" | 6'928" | 6'930" | 6'932" | 6'934" | 6'936" | 6'938" | 6'940" | 6'942" | 6'944" | 6'946" | 6'948" | 6'950" | 6'952" | 6'954" | 6'956" | 6'958" | 6'960" | 6'962" | 6'964" | 6'966" | 6'968" | 6'970" | 6'972" | 6'974" | 6'976" | 6'978" | 6'980" | 6'982" | 6'984" | 6'986" | 6'988" | 6'990" | 6'992" | 6'994" | 6'996" | 6'998" | 6'999" | 6'1000" |
|-----------------------|------|------|------|------|------|------|------|------|------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| BMI (Body Mass Index) | 18.5 | 19.0 | 19.5 | 20.0 | 20.5 | 21.0 | 21.5 | 22.0 | 22.5 | 23.0 | 23.5 | 24.0 | 24.5 | 25.0 | 25.5 | 26.0 | 26.5 | 27.0 | 27.5 | 28.0 | 28.5 | 29.0 | 29.5 | 30.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pounds | 50 | 75 | 100 | 125 | 150 | 175 | 200 | 225 | 250 | 275 | 300 | 325 | 350 | 375 | 400 | 425 | 450 | 475 | 500 | 525 | 550 | 575 | 600 | 625 | 650 | 675 | 700 | 725 | 750 | 775 | 800 | 825 | 850 | 875 | 900 | 925 | 950 | 975 | 1000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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).



Blood vessel damage
(arteriosclerosis)

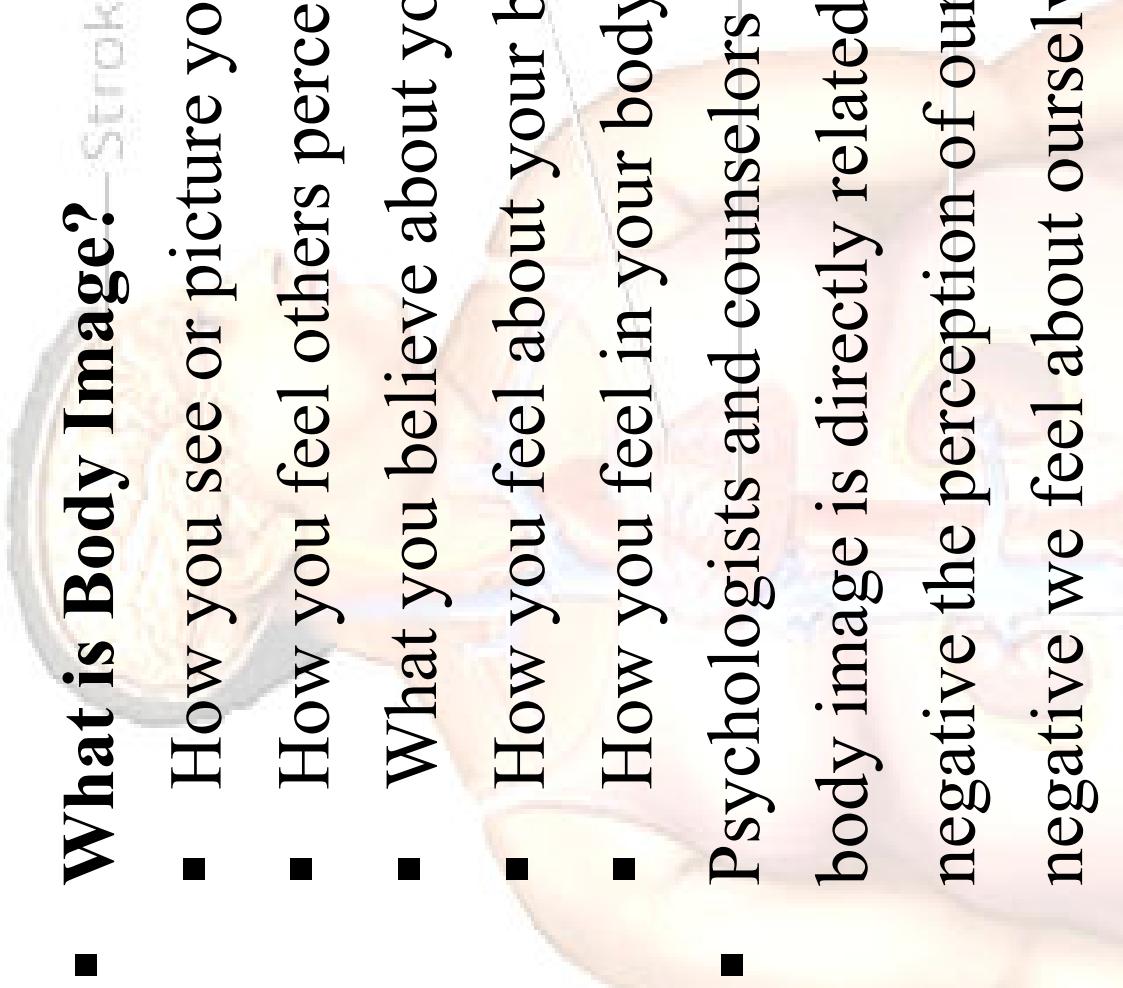
Heart attack or
heart failure

Kidney failure



Definition of Body Image

- **What is Body Image?**
 - 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.
 - How you feel in your body.
 - 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.

Kidney failure



Elements of Self-Esteem

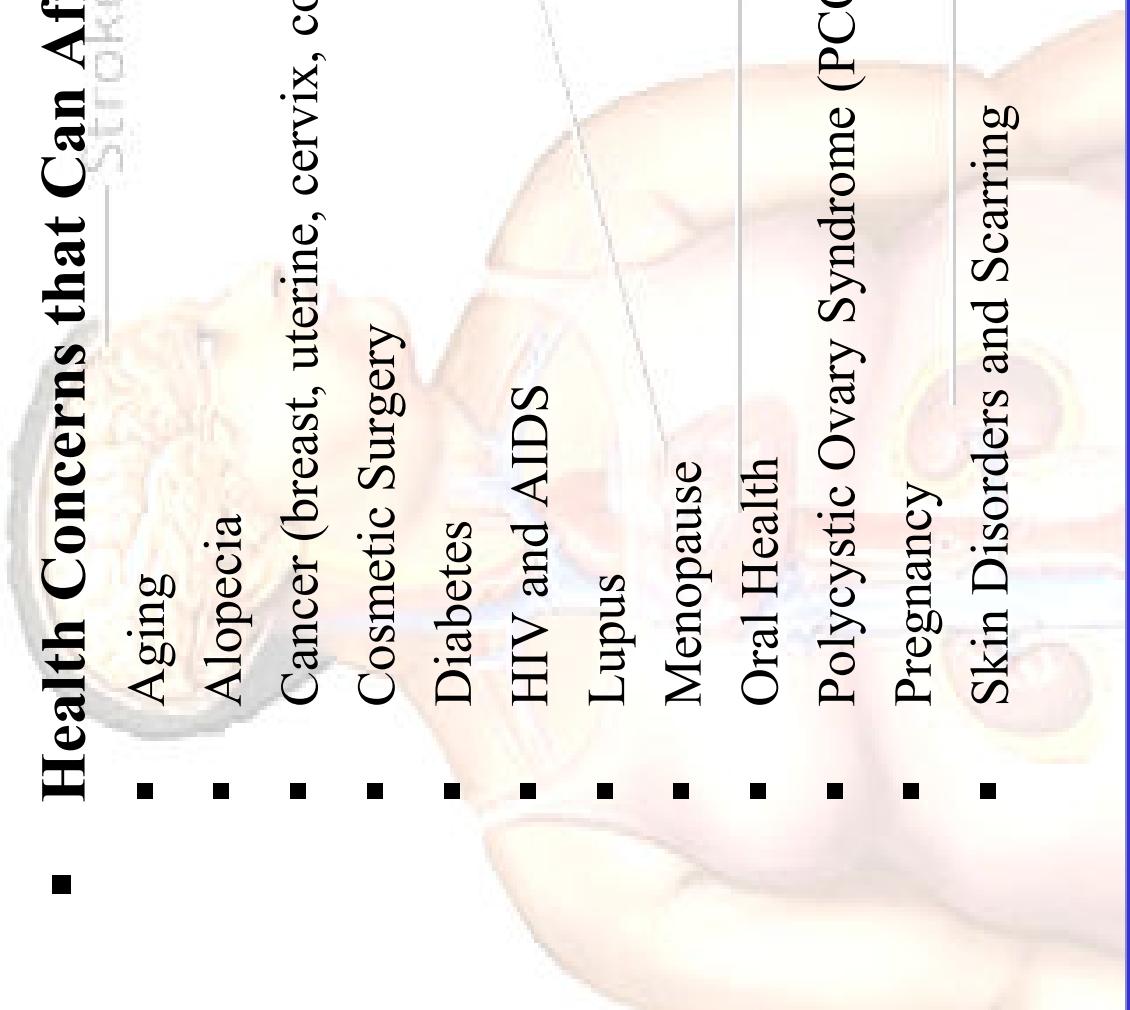
- IDENTITY grows. We begin to know who we are and who we are becoming. In each stage of life, self-esteem undergoes change and growth. We feel more solid as our identity grows.
- INTIMACY develops from identity and the need for connection. It is the ability to relate closely and to know the limits of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

Body Image Principles → Obesity

- Our health, which we sometimes can and cannot control, affects not just how we feel but how we look.
- Our body image can change when we have a health condition or illness, such as a skin disease or a disease like cancer.
- 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.

Body Image Principles → Obesity

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



ADAM.

Geoffrey Axak

Body Image & Obesity

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



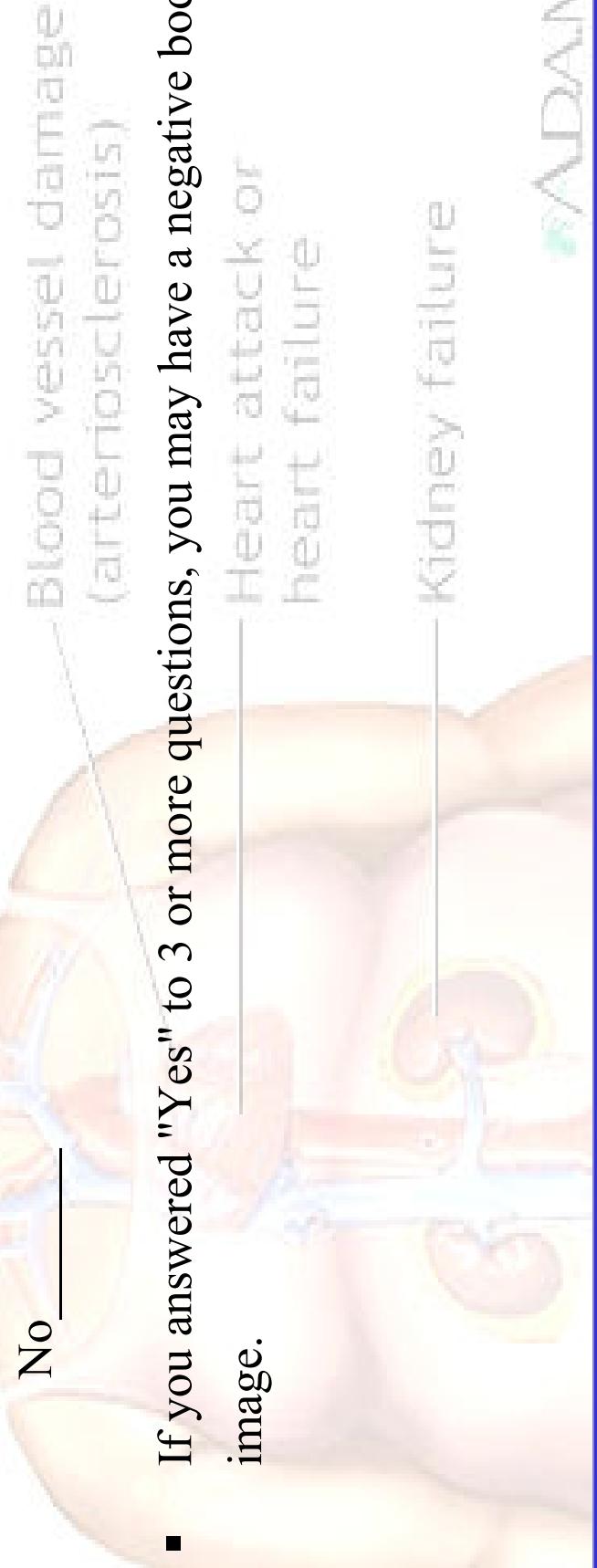
Body Image & Quiz

- 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 Q&Quiz(Contd)

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.



ADAM.