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Background

Eating disorder diagnoses have continued to rise in the United States. Eating disorders are expensive to treat and can cause permanent health problems for those that suffer with them. At the same time, beauty standards have become increasingly unrealistic and glorify frail, stick-like, and in some cases, emaciated looking bodies. The purpose of this research is to figure out just how much these body standards affect young people's relationships with their mental health, body image, and food.

Methods

I used library and media sources to gather both primary and secondary sources. I made sure to gather information produced by MMU scholars so ensure that I was getting sources from multiple perspectives, namely African American women and Queer women.

Results

Eating disorders are most common in white women between the ages of 12 and 25 and are considered to be one of the deadliest mental illnesses. Those numbers fail to include minority women (African Americans, Queer, Hispanic, etc.).

Conclusion

The heteronormative, white, cisgender ideals that shape the media and medical practices need to be reformed. Not only do they cause unrecognized issues for minority groups, but they also prevent them from getting the care that they need-allowing for more eating disorders to go undiagnosed and untreated.

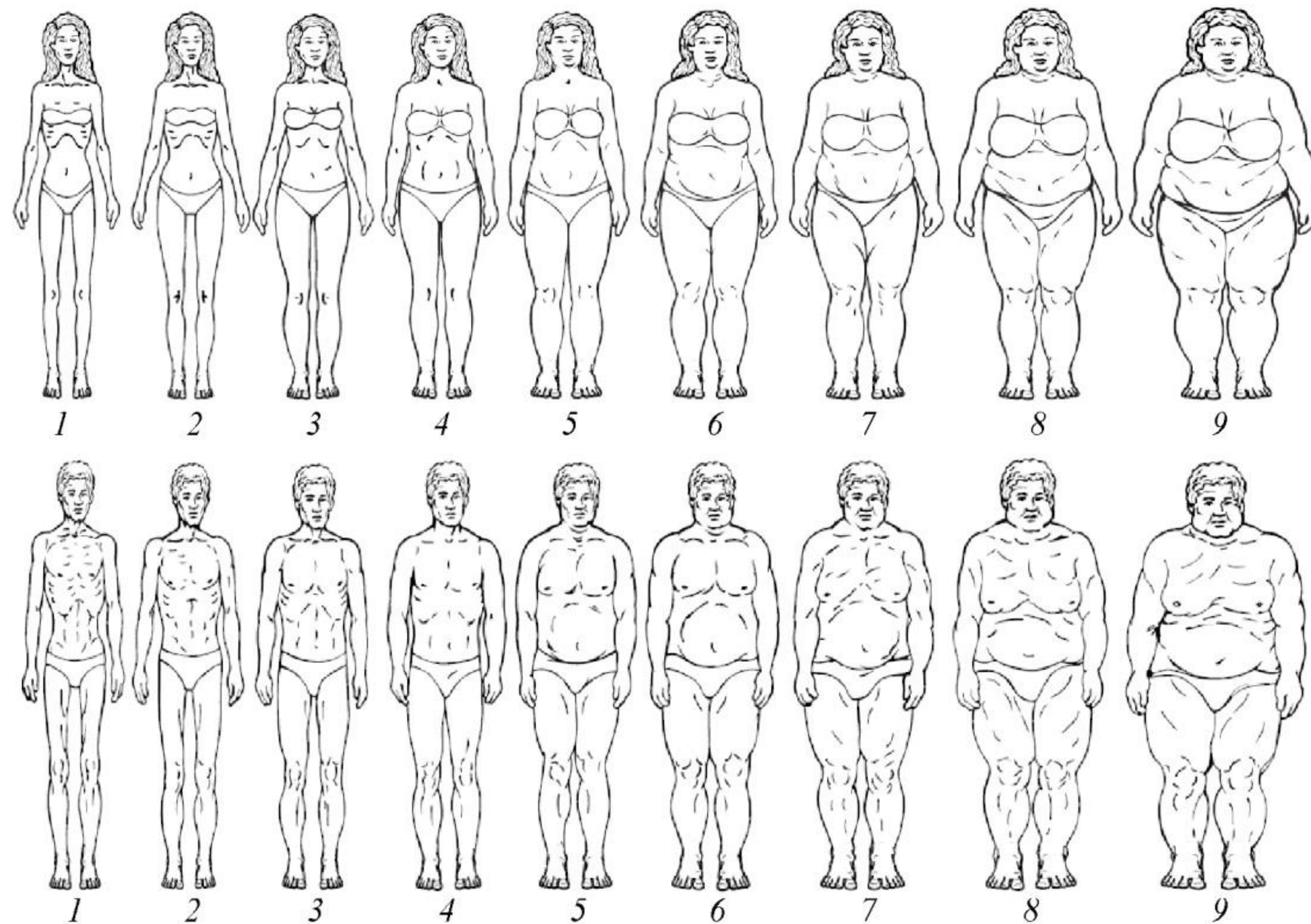


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Bodies of Beauty

Fun Fact:

White, straight, skinny, cisgender women are more likely to be diagnosed and treated for an eating disorder because the body standards that inform medical practices are based solely off of their bodies.



About **1.66%** of the **United States'** population has been or will be **diagnosed with an eating disorder.**

References:

1. Elflein, J. (2021, May 4). Topic: Eating disorders in the U.S. Statista. Retrieved February 23, 2022, from <https://www.statista.com/topics/7846/eating-disorders-in-the-us/>

2. Pulvers, K., Bachand, J., Nollen, N., Guo, H., & Ahluwalia, J. S. (2013, July 22). BMI-based norms for a culturally relevant body image scale among African Americans. *Eating Behaviors*. Retrieved March 21, 2022, from https://www.sciencedirect.com/science/article/pii/S1471015313000755?casa_token=pnBpwKYQ4JsAAAAA%3A6dlPRM2m84tatBXtmLgtGhCQmGEK2_1t5ScRtjDCrBner_0YJ_H5wLLouW-6fSbM0Ngzz0DF