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Council of RI

# Women's Health Council of RI

## Body Image Issues

### Survey Results

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Survey Response Collection: 9/26/14 - 10/10/14 (2 weeks)

Survey Response Rate: 16% (106 respondents)

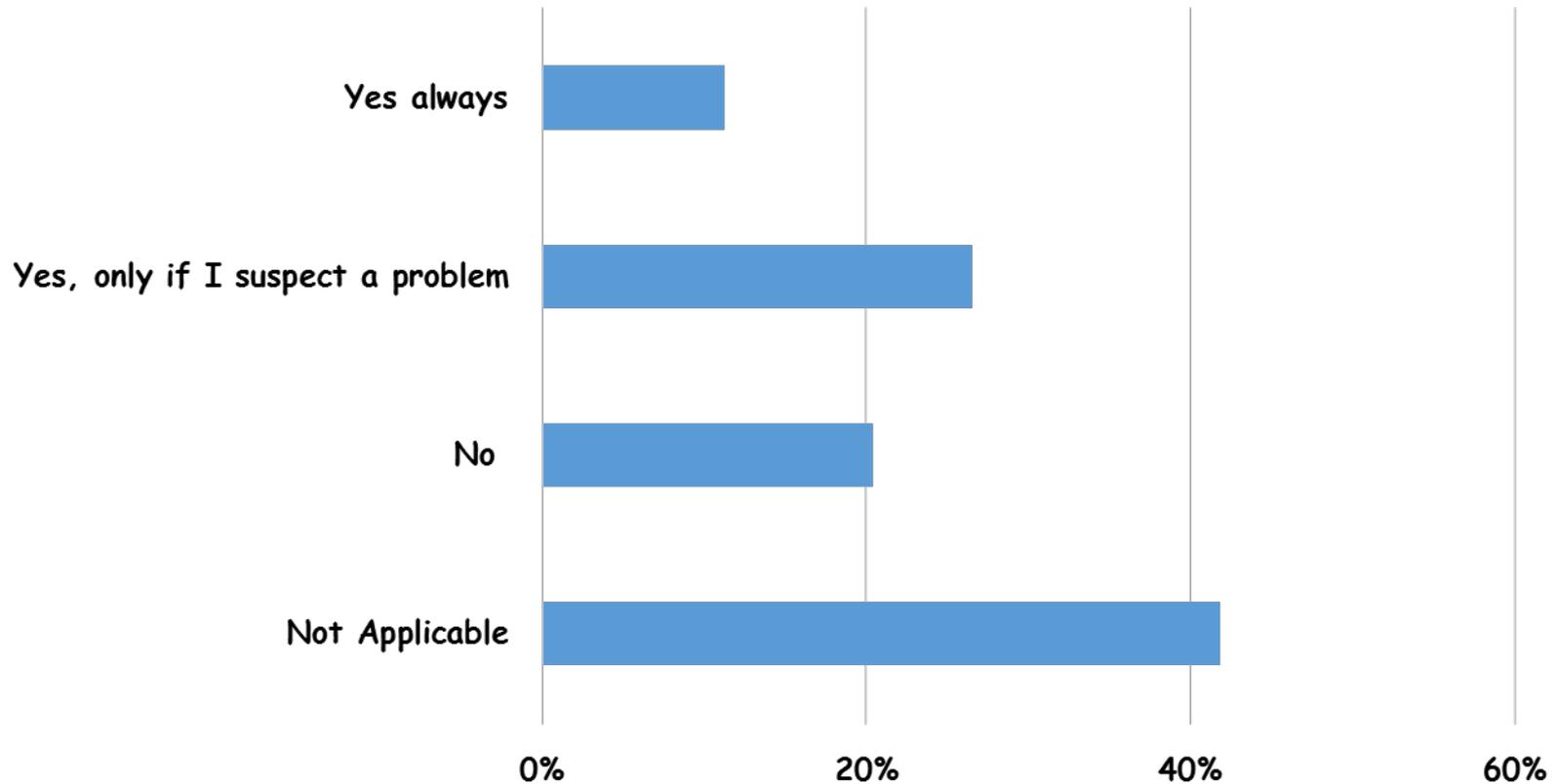
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*Thank you for your participation!*

# Do you routinely talk with your female patients about issues with body image?



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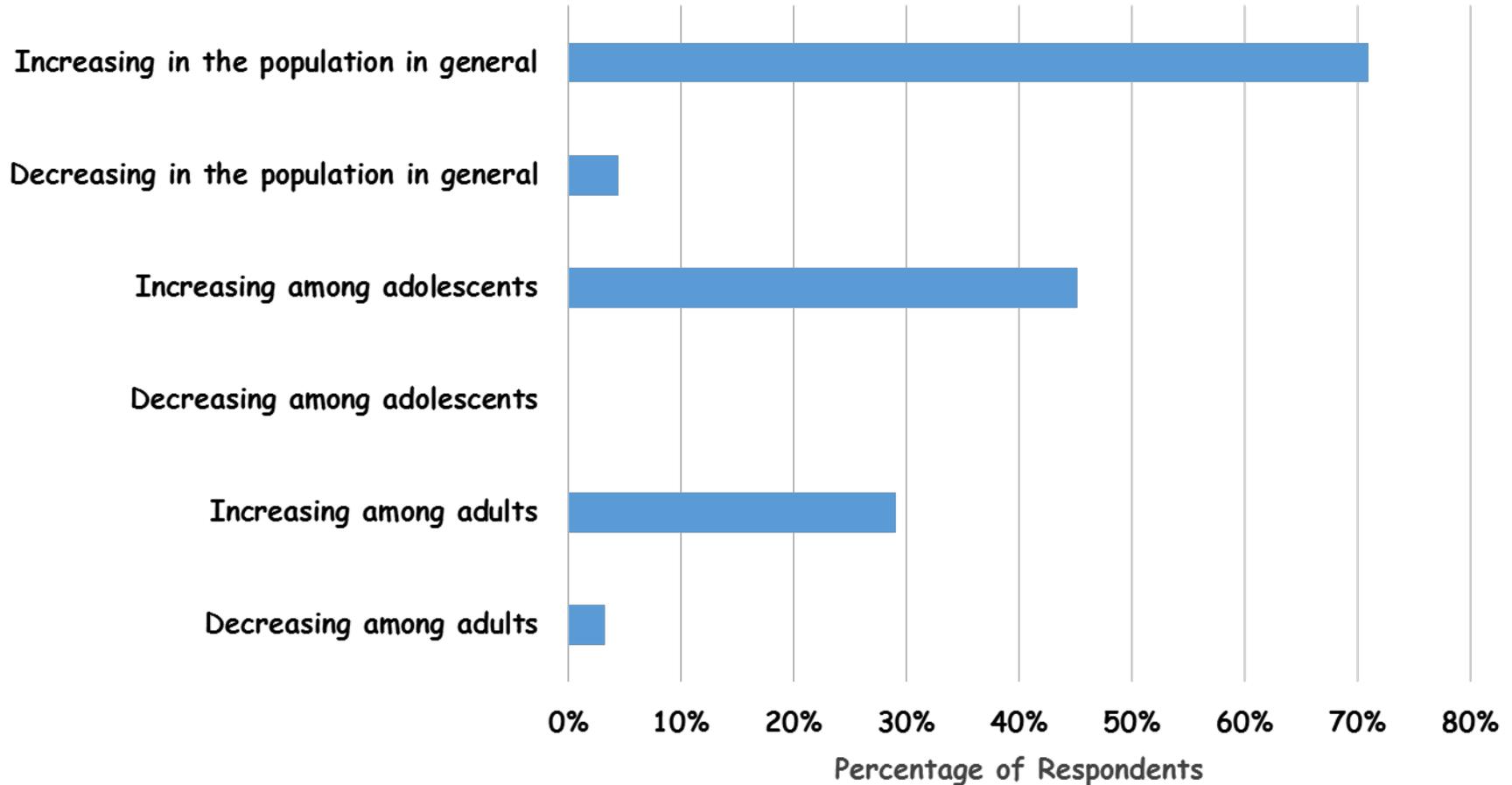


# Trends Seen in Female Body Image Over Last 5 Years

Overall more than 70% of respondents are reporting an increase in body image issues among the population with a greater increase among the adolescent population



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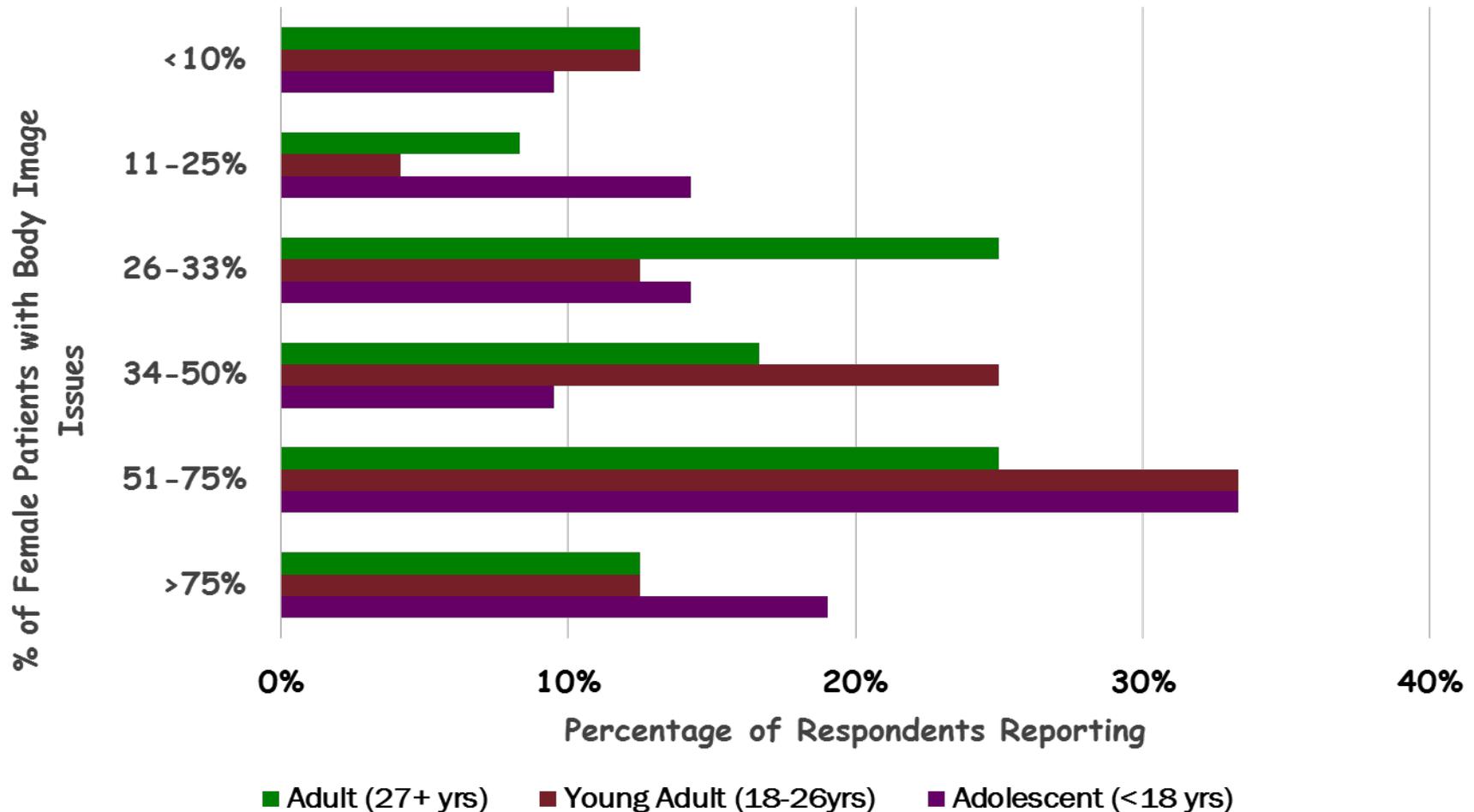


# Percentage of Respondents Reporting Percentage of their Female Patients with Body Image Issues



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Respondents report a relatively large percentage of their patients have body image issues at all ages with slightly more at the adolescent and young adult level compared to adults

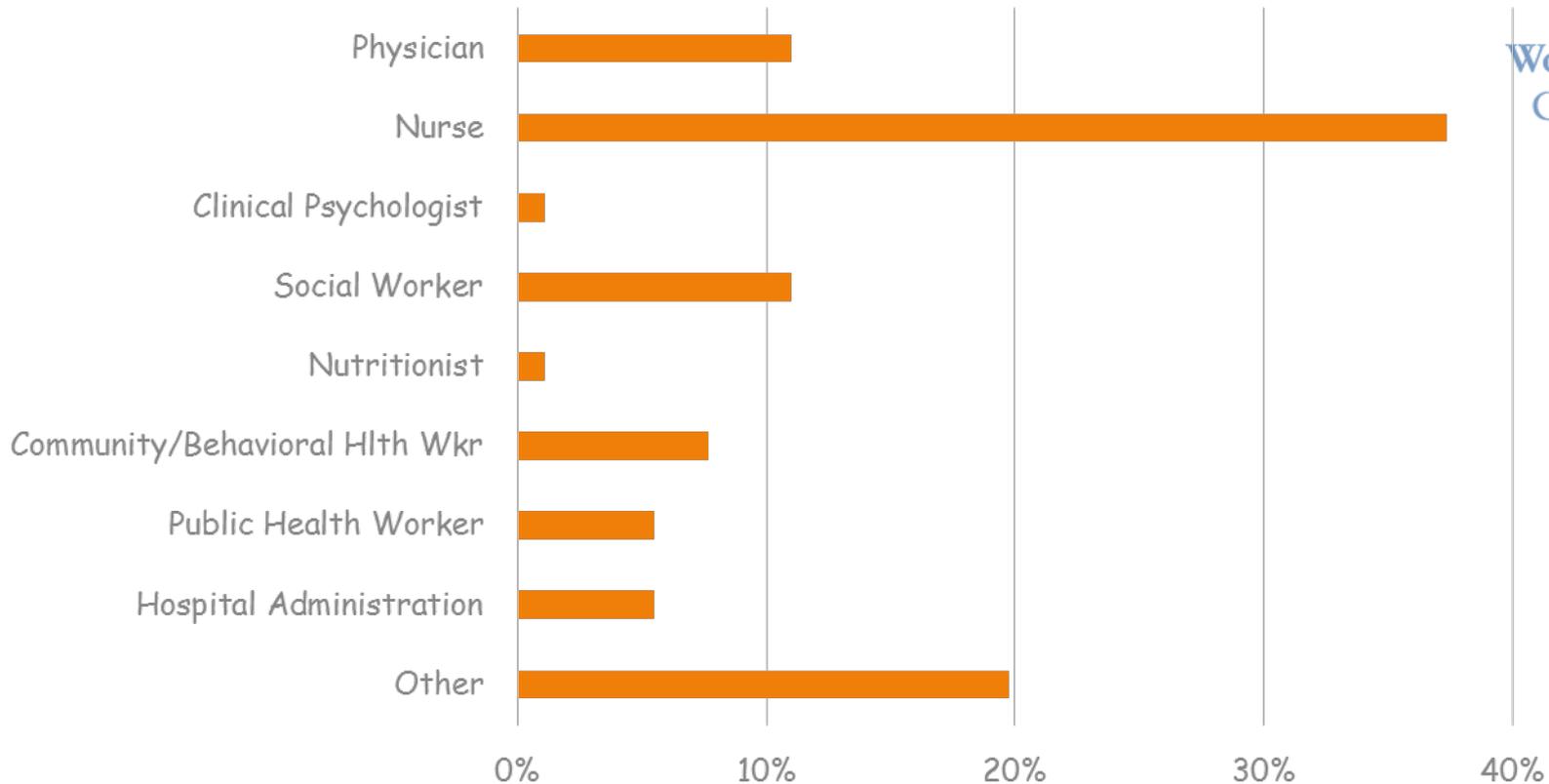


(Note: only answered by some of those who said they routinely talk with patients about body image. N=24)

# Types of Providers Responding



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"Other" includes:

Public Policy & Advocacy

Nurse Midwife

Certified Child Specialist

Practice Administrator

Educator

Director of Youth Prevention

Practice Administrator

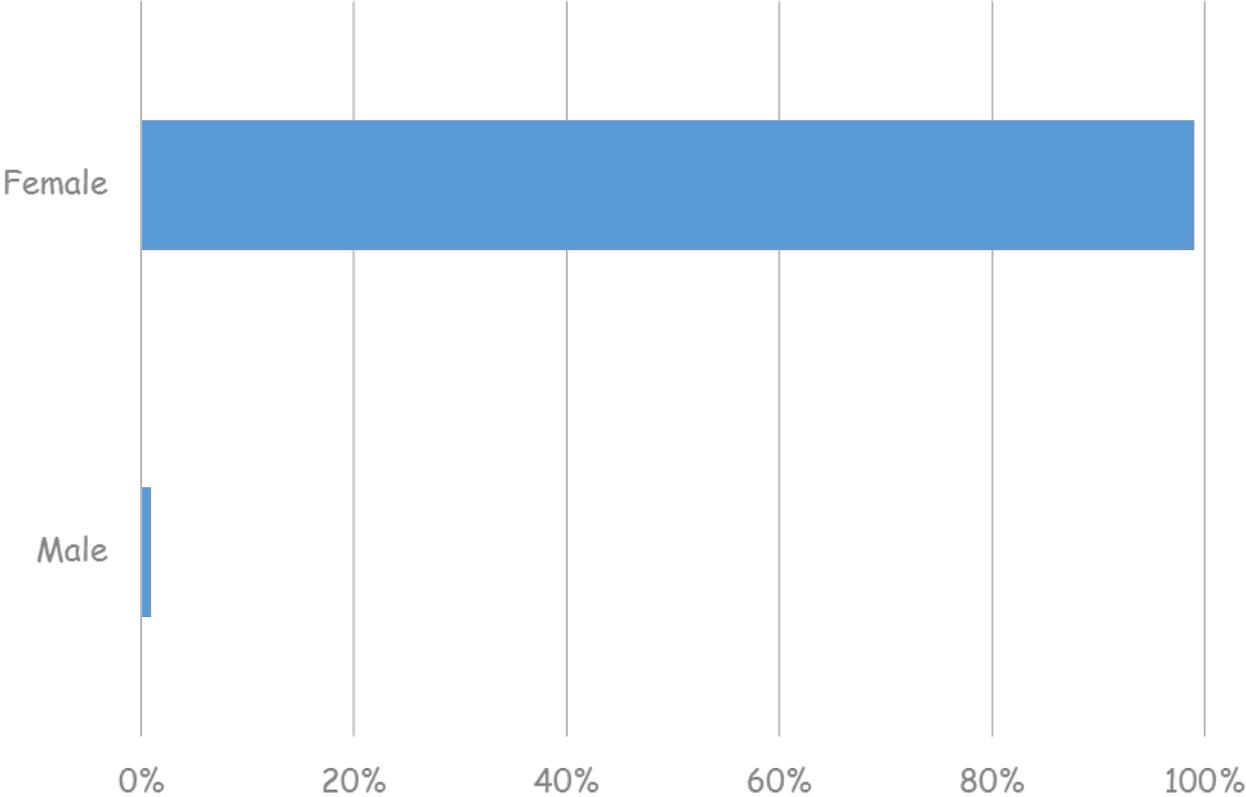
Researcher

Marketing Officer

# Gender of Respondents



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# Differences in Body Image Issues that Arise in Conversations with Adolescent vs. Adult Women?



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Adolescent Conversations	Adult Conversations
<p>Desire to “fix” their bodies</p> <p>Focus only on appearance and more shame about appearance</p> <p>Need to fit in/Focus on what others say/Low self-esteem</p> <p>Consumed by image issues/Fear their bodies are obese no matter what others say</p> <p>If they get their bodies right, their lives will be right</p> <p>More influenced by media subtly, more influenced by sexuality in media also</p> <p>Cultural norms v. mainstream</p>	<p>Desire to “fix” their bodies</p> <p>Focus on healthy eating and functioning more, but still on appearance</p> <p>Need to reach personal body image goals or combat weight issues due to health/aging issues</p> <p>More acceptance of their shape</p> <p>More understanding that they are influenced by the media</p> <p>Cultural norms v. mainstream</p>

- Not a consensus on who is more open to talk about the issue, some say adults and some say adolescents

# What changes do you think **SOCIETY** can make to improve the incidence of a successful treatment of body image issues among women?



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- Show healthy body images, not photo-shopped and airbrushed, unrealistic images as ideal.
- More pressure on media to use healthy body images, perhaps even regulation.
- Public awareness campaign for women to be proud of their bodies, staying healthy and being internally strong and confident.
- Increase awareness that the issue exists.
- Spread the message more widely throughout schools.
- Use social media in educational ways.
- Encourage sports that can be played through the ages.
- Actively engage youth and adolescents in dialogues about healthy body image and healthy bodies.
- Create opportunities peer mentoring among youth and adolescents.

# What changes do you think the HEALTHCARE INDUSTRY can make to improve the incidence of a successful treatment of body image issues among women?



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- Teaching youth, adolescents and adults the importance of food being medicine for their body along with nutrition counseling.
- Start healthy eating, healthy image conversations with pre-pubescent girls.
- Have a more standardized way of addressing these issues within practices clearly and sensitively.
- Have survey tools for body image similar to depression for risk reduction.
- Re-frame the way we talk about body image and focus less on weight and more on being healthy and eating right.
- Address unrealistic media more openly, particularly with adolescents as part of regular care.
- More education on stress reduction.
- For heavier individuals, focus on the person and then work on ways to improve their health.

# Are you or do you know a PCP who treats adults with eating disorder?



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## Shortage of providers

