

Health and Wellbeing

Why Celebrate Your Body

- Frequent dieting increases the chance of being depressed by 70%.
- Only 1.6% of young Australian women say they are happy with their weight.
- Overestimating body size is common. 45% of healthy weight women describe themselves as overweight.
- Anorexia nervosa is the third most common chronic illness in teenage girls in Australia.
- 68% of 15-year-old females are on a diet with 8% severe and chronic dieters.
Eating Disorders Foundation of Victoria
- Australians spend up to a \$1million a day on weight loss with little effect.
- Most people on weight loss programs regain 1/3 – 2/3 of their weight within 1 year and almost all the weight is regained within 5 years.
Body Image and Health Inc. 2000
- 26% of female's ages 15-24 are underweight. 19% are obese.
Australian Institute of Health and Welfare Catalogue PHE 19 1999
- If we don't start choosing fit over fat, every Australian will be obese by 2050.
The Age, 13 August 1999
- Diets make you put on weight, stress your body out and make you sick and makes you slow and less able to concentrate. Dieting can also cause feelings of depression and failure.
Child and Youth Health, SA February 2001
- According to Cosmo, 67% of people envy someone else's body. 31% feel guilty about food every day. 27% use laxatives. 21% smoke as a way to lose weight. 30% are more worried about their weight than anything else including the environment, racism, Australia or their job.
Cosmopolitan, 1998
- 50% of Australian females do not take enough daily calcium putting them at risk of osteoporosis.
Dieticians Association of Australia 2000
- Adolescent girls who frequently compare themselves with others tend to have a poorer body image. They compare themselves most often with friends and peers, followed by fashion models and finally family members.



Disclaimer

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Brought to you by YWCA NSW supporting people at critical times. Authored by Liz Connors, Early Childhood Specialist, YWCA NSW

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