

**EATING DISORDERS AWARENESS WEEK**



*THINNESS ISN'T THE ANSWER... ITS WHAT'S INSIDE THAT COUNTS.*

by Karen Stratton

During the past week, six nursing students have attempted to present information on eating disorders. For those who did not see the booths at Lady Dunn Residence and Vanier Hall, did you realize that 18% of the university female population have some sort of eating disorder? That's one out of five women!!! But why is it that females have such a preoccupation with weight as opposed to the male population?

Cultural Pressures

There is enormous pressure in North American society to be thin, particularly for women. the physical standard for women today isn't just thin but "ultra thin" and this is extremely difficult to obtain.

Have you ever looked through a magazine or watched a TV commercial. What do you see? It's not the advertising that we look at but the individual modelling. People are pushed from all directions to be thin. Women's magazines are chalked full of ads and articles on the latest ways to shed those extra pounds.

Thinness is associated with beauty, success and happiness, it's this belief that leads people to anorexia and bulimia.

*"I'm just not hungry!?"*

**Fearless Friday**  
**October 26, 1990**

We the nursing students challenge all dieters to eat what they want without feeling guilty, even if for just one day! Go on, enjoy that piece of cake or cookie!

**JUST ENJOY IT !!!**

How to cope with someone with an eating disorder

If you know someone with an eating disorder, show that you are concerned and encourage them to seek professional help. You may want to try to find them a support group. Be persistent but do not be pushy, but if she's in physical danger - BE PUSHY! Don't try to force feed or tempt them with favourite foods and most of all, don't dwell on food and weight, just be supportive and let them know they are not alone.

Help is available at Student Counselling Services Memorial Alumni Building on UNB Campus.

**Food! ≠ Fat**

ANOREXIA

- drastic weight loss resulting from excessive dieting and other behaviors such as intense exercise to burn calories.
- Even when only 80lbs, they still complain of fat
- seen with low self-esteem depression
- often found in A-grade students, pretty, upper-class women
- associated with positive qualities such as wealth, intelligence, perfection and self-discipline

BULIMIA

- Characterized by binge-eating followed by attempts to purge (get rid of calories)
- purging can be done through self-induced vomiting, abuse of laxatives, periods of fasting and/or excessive exercise
- follow a cycle of bingeing and purging
- lost control over dieting attempts
- difficult to detect a bulimic
- secretive vomiting; can be seen saying "excuse me, I have to use the washroom" directly after eating.

*"I feel fat!"*

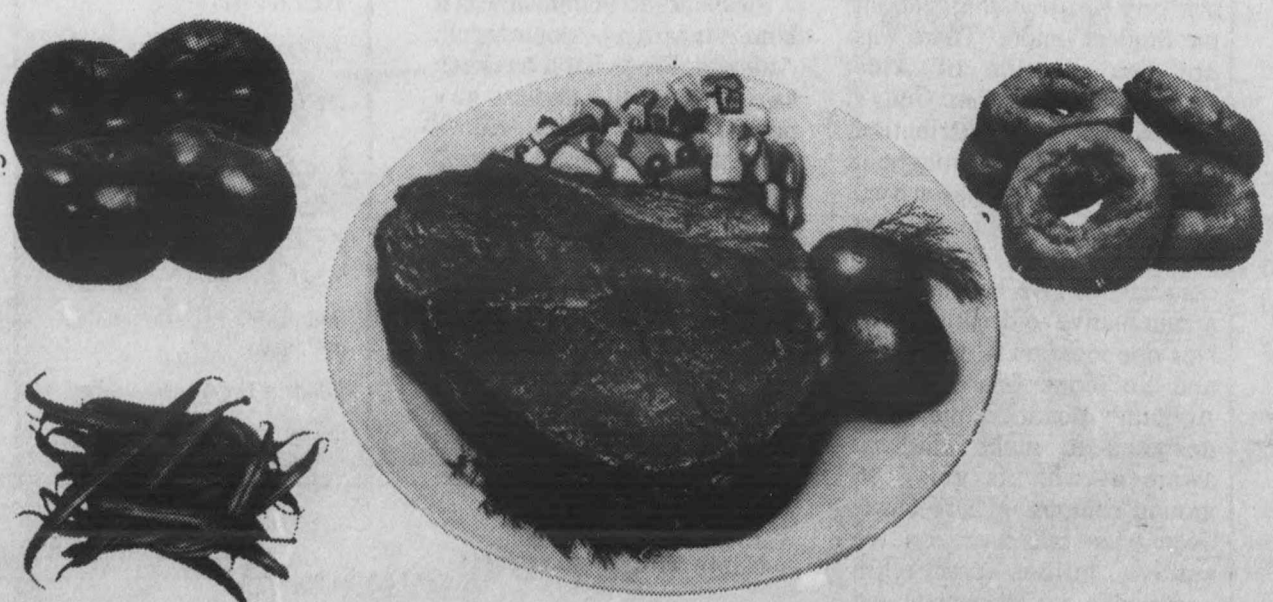


*"my hips are TOO BIG!"*

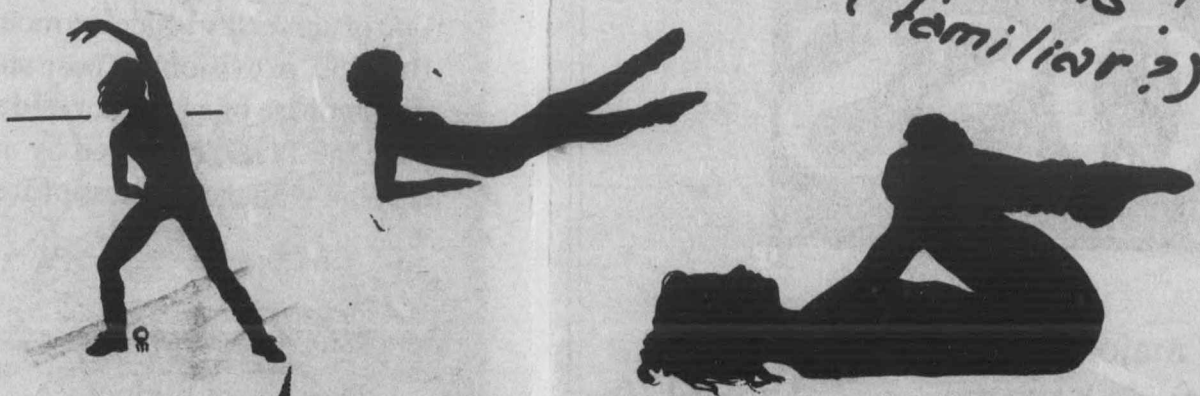
*THIN is not in*

*"All I want to lose is 10 pounds!" (familiar?)*

*"I Like a woman with some shape and substance... someone to hold onto!" -mike-*



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**Constant weight**