

Module 1: Why & Guiding Philosophy

Resource List

Learn More

WithAll's What to Say:

www.withall.org/resources

What to Say is WithAll's eating disorder prevention initiative. At WithAll.org, you will find blog posts, Q&A videos, and downloadable resources to learn more about promoting kids' body image and relationship with food for parents and caregivers, coaches and healthcare providers.

National Institute of Mental Health, "Eating Disorders":

www.nimh.nih.gov/health/topics/eating-disorders

This article provides a breakdown discussion of eating disorders, defining several common eating disorders and explaining their symptoms. This article is a great resource for providers to learn more about the harmful effects of eating disorders on kids and teens.

Anti Diet by Christy Harrison:

www.ChristyHarrison.com/books

In this book, author Christy Harrison discusses diet culture and its effects on disordered eating and body image. Readers can expect to learn about weight stigma and its presence across society, and how this presence plays a role in our daily lives.

Related Research & Articles

Arroyo, A., Segrin, C., & Andersen, K. K. (2017). Intergenerational transmission of disordered eating: Direct and indirect maternal communication among grandmothers, mothers, and daughters. *Body Image*, 20, 107-115. <https://doi.org/10.1016/j.bodyim.2017.01.001>

Arroyo, A., Stillion Southard, B. A., Cohen, H., & Caban, S. (2020). Maternal communication strategies that promote body image in daughters. *Communication Research*, 47(3), 402-427. <https://doi.org/10.1177/0093650218781737>

Coffino, J. A., Udo, T., & Grilo, C. M. (2019). Rates of help-seeking in US adults with lifetime DSM-5 eating disorders: Prevalence across diagnoses and differences by sex and ethnicity/race. *Mayo Clinic Proceedings*, 94(8), 1415-1426. <https://doi.org/10.1016/j.mayocp.2019.02.030>

Deloitte Access Economics (2020). The social and economic costs of eating disorders in the United States of America: A report for the Strategic Training Initiative for the Prevention of Eating Disorders and the Academy for Eating Disorders. <https://www.hsph.harvard.edu/striped/report-economic-costs-of-eating-disorders>



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Related Research & Articles

Flament, M., Henderson, K., Buchholz, A., Obeid, N., Nguyen, H., Birmingham, M., & Goldfield, G. (2015). Weight status and DSM-5 diagnoses of eating disorders in adolescents from the community. *Journal of the American Academy of Child & Adolescent Psychiatry*, 54(5), 403-411. <https://doi.org/10.1016/j.jaac.2015.01.020>

Haines, J., Neumark-Sztainer, D., Hannan, P., & Robinson-O'Brien, R. (2008). Child versus parent report of parental influences on children's weight-related attitudes and behaviors. *Journal of Pediatric Psychology*, 33(7), 783-788. <https://doi.org/10.1093/jpepsy/jsn016>

Harriger, J. A. (2015). Age differences in body size stereotyping in a sample of preschool girls. *Eating Disorders*, 23(2), 177-190. <https://doi.org/10.1080/10640266.2014.964610>

Hosseini SA, Padhy RK. Body Image Distortion. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2023. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK546582/>

Jones, M., & Brown, T. (2016). *Why early intervention for eating disorders is essential*. National Eating Disorders Association. <https://www.nationaleatingdisorders.org/blog/why-early-intervention-eating-disorders-essential>

Jones, C. C., & Young, S. L. (2021). The mother-daughter body image connection: The perceived role of mothers' thoughts, words, and actions. *Journal of Family Communication*, 21(2), 118-126. <https://doi.org/10.1080/15267431.2021.1908294>

Kerner, C., Haerens, L., & Kirk, D. (2018). Body dissatisfaction, perceptions of competence, and lesson content in physical education. *Journal of School Health*, 88(8), 576-582. <https://doi.org/10.1111/josh.12644>

Neumark-Sztainer, D., Bauer, K. W., Friend, S., Hannan, P. J., Story, M., & Berge, J. M. (2010). Family weight talk and dieting: How much do they matter for body dissatisfaction and disordered eating behaviors in adolescent girls? *Journal of Adolescent Health*, 47, 270-276. <https://doi.org/10.1016/j.jadohealth.2010.02.001>

Rubinsky, V., Hosek, A. M., & Hudak, N. (2019). "It's better to be depressed skinny than happy fat:" College women's memorable body messages and their impact on body image, self-esteem, and rape myth acceptance. *Health Communication*, 34(13), 1555-1563. <https://doi.org/10.1080/10410236.2018.1504659>

Tatangelo, G., McCabe, M., Mellor, D., & Mealey, A. (2016). A systematic review of body dissatisfaction and sociocultural messages related to the body among preschool children. *Body Image*, 18, 86-95. <http://dx.doi.org/10.1016/j.bodyim.2016.06.003>



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"Maintenance Phase" Podcast:

www.MaintenancePhase.com

"Maintenance Phase" is a podcast hosted by Aubrey Gordon and Michael Hobbes. The hosts discuss topics related to diet culture, weight stigma, body image, and disordered eating while presenting deep-dives on these topics with historical evidence, research, and examples.

Anti Diet by Christy Harrison:

www.ChristyHarrison.com/books

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