

Module 1: Why & Guiding Philosophy

Video Summary

1 Goal & Purpose

- The goal of What to Say Healthcare is to help medical providers address weight-related concerns with pediatric patients & their parents in non-stigmatizing ways
- Our content has the following purposes:
 - Educate about eating disorder risk factors & weight stigma
 - Help providers address concerns they have for patients & concerns that parents have for patients
 - Promote health and well-being in kids toward positive body image & relationships with food

2 Background

- By age 2-3: Kids make physical comparisons
- By age 6-8: Half of girls & one-third of boys want to be thinner
- By age 10: 80% of girls have been on a diet
- By age 11-16: Half of kids regularly worry about their appearance
- By age 16-25: Body image is often a major, harmful health concern
- 30% of girls and 17% of boys under 18 experience disordered eating (also known as "subclinical eating disorders")
- Approx. 5.5% of boys & girls under age 19 are diagnosed with an eating disorder
- Eating disorders are among the deadliest mental illnesses
- Young people between the ages of 15-24 with anorexia have 10 times the risk of dying compared to their same-aged peers

3 Eating Disorder Risk Factors

- Biological:
 - Family history of eating disorder or mental illness
 - Personal history of dieting
 - Burning more calories than taken in
- Psychological:
 - Perfectionism
 - Anxiety disorders like generalized anxiety, OCD, or social phobia
 - Appearance-ideal internalization
- Social:
 - Experiencing weight stigma
 - Acculturation (feeling the need to adopt a new culture)
 - Higher weight in childhood
 - Family expectations of appearance

4 Important Role of Healthcare Providers

- You are a key role model for children & their parents for defining health!
 - You send a lasting message about what matters most about bodies
 - As a medical expert, your words will influence kids' beliefs & behaviors
- Highlighting weight as a measure of health can make kids feel ashamed
 - Increases risk for disordered eating & body image concerns
- Focus on actionable, health-promoting behaviors, rather than weight
 - Sleep quality
 - Physical activity
 - Stress management
 - Nutritious eating & positive relationship with food

