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# Does Social Media Help Fuel Eating Disorders?

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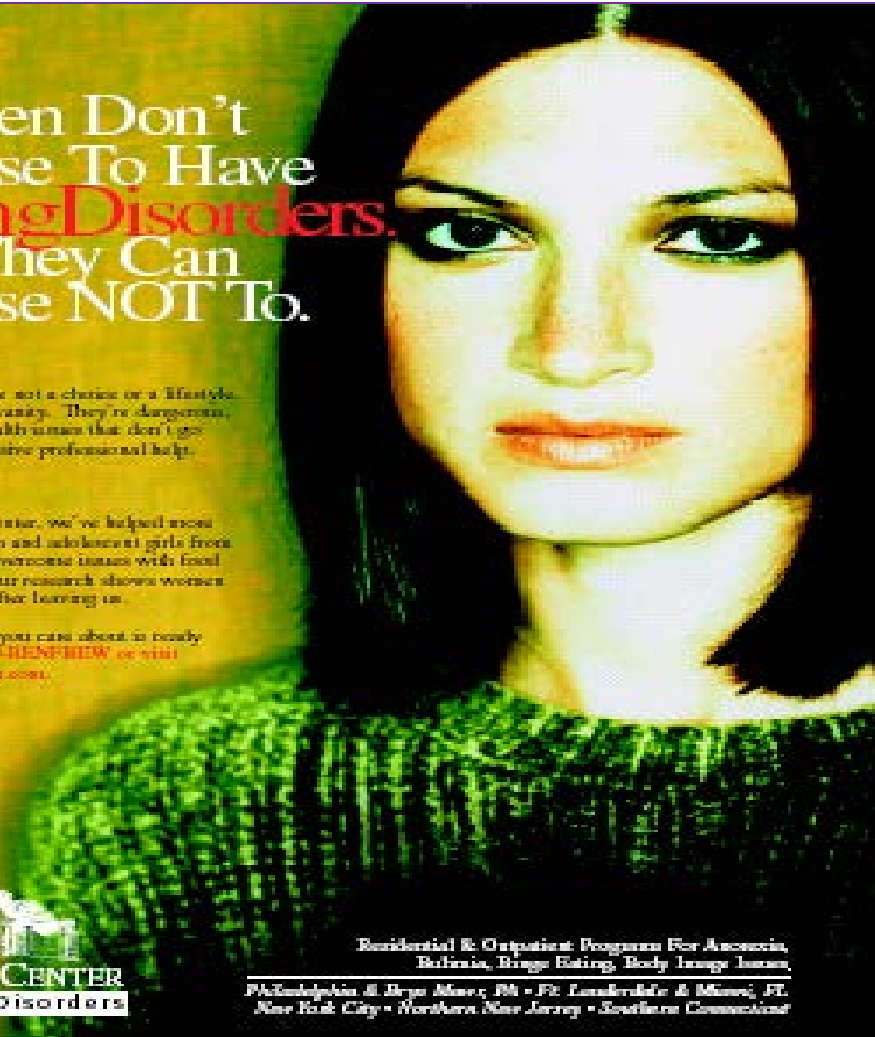
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# Does Social Media Fuel Eating Disorders?

Trish Lieberman, MS, RD, LDN

# Eating Disorders are not a choice or a lifestyle



**Women Don't  
Choose To Have  
Eating Disorders.  
But They Can  
Choose NOT To.**

Eating disorders are not a choice or a lifestyle. They're not about vanity. They're dangerous, life-threatening health issues that don't go away without intensive professional help.

We know.

At The Renfrew Center, we've helped more than 20,000 women and adolescent girls from around the world overcome issues with food and weight. And our research shows women stay healthy long after leaving us.

If you or someone you care about is ready for help, call 1-800-RENREW or visit [www.renfrewcenter.com](http://www.renfrewcenter.com).

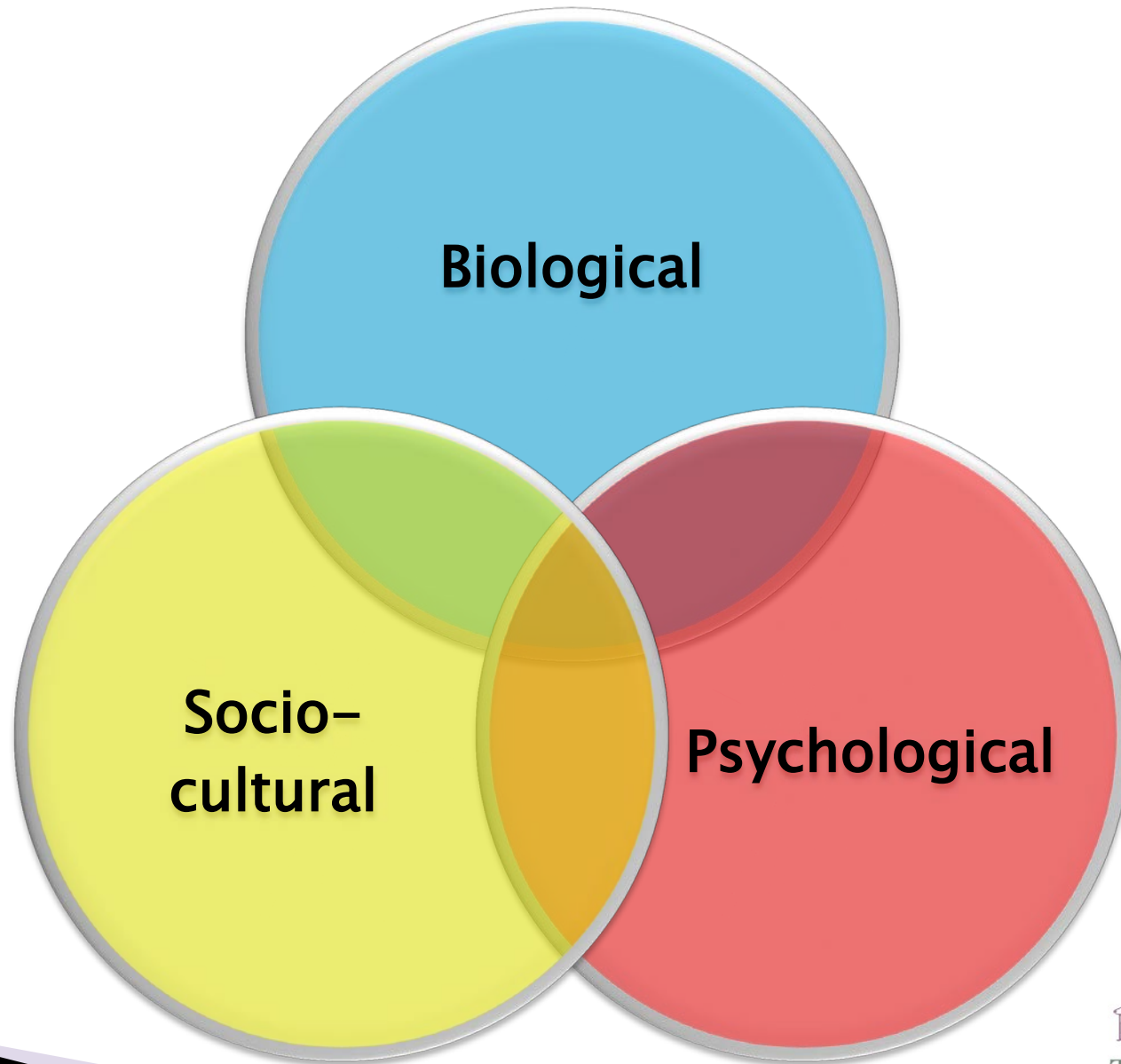
**THE  
RENFREW CENTER  
For Eating Disorders**

*Residential & Outpatient Programs For Anorexia, Bulimia, Binge Eating, Body Image Issues,  
PA-Philadelphia & Bryn Mawr; PA - Ft. Limerick & Moore; NJ - New York City - Northern New Jersey - Southern Connecticut*

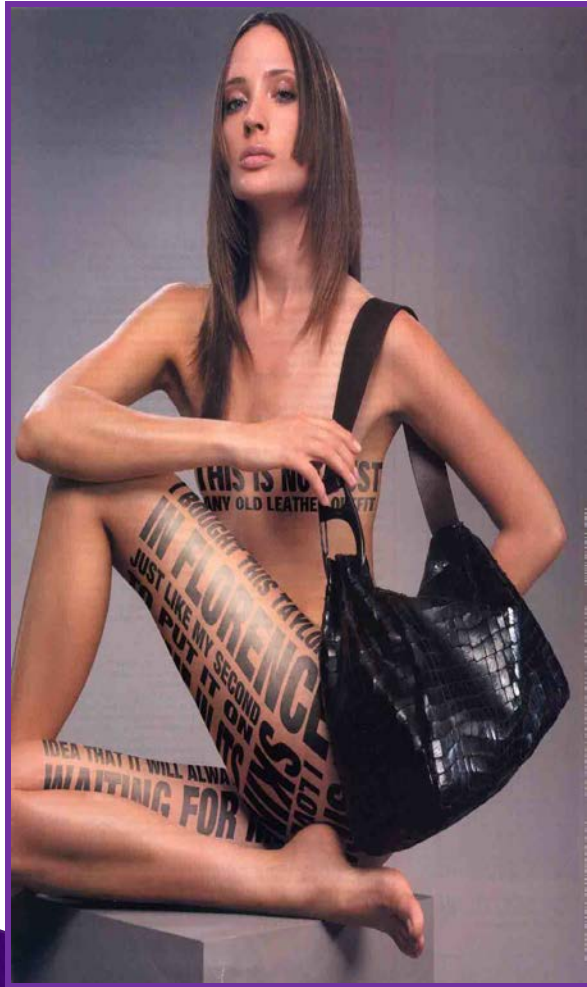
# Eating Disorders By The Numbers

## 100 Women in America

<b>1</b> will meet the diagnostic criteria for AN	<b>28</b> of those in college will be obsessed with their weight
<b>2-3</b> will meet the diagnostic criteria for BN	<b>19</b> of those in college will report bulimic symptoms
<b>3-5</b> will meet the diagnostic criteria for BED	<b>7</b> will have major depressive disorder
<b>38</b> will be preoccupied with body weight and food	<b>5</b> will have generalized anxiety disorder
<b>45</b> of all adolescent girls will be dieting	The <b>one</b> with AN will have a <b>10%</b> chance of dying from her eating disorder



# Socio-cultural Risk Factors



## Being Female

- ◆ Exposure to female beauty ideal of extreme thinness
- ◆ Objectification of the female body—internalization of the beauty ideal
- ◆ Perceived discrepancy between self and the beauty ideal
- ◆ Belief that dieting enhances well-being
- ◆ It is difficult to recover in a culture that glorifies thinness and is fat phobic

# The Real Truth



CLICK HERE TO SEE WHAT HAS BEEN CHANGED.

- ✓ EYES
- ✓ TEETH
- ✓ SLIPS
- ✓ NOSE
- ✓ FACIAL FRECKLES & LINES
- ✓ SKIN SMOOTHEN
- ✓ HAIR
- ✓ EARLY CREASES
- ✓ BUSTY
- ✓ HAIR
- ✓ HAIR
- ✓ HAIR

Bea is tired that many photos claiming to show reality don't do so. Be critical and do not compare yourself to someone who has gone through years of retouching.

WHY DID WE DO THIS? →

TELL A FRIEND →

after

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# METROPOLITAN

MY NEW BREASTS

UNDRESS ME!  
retouching

## 200% BODY

Everything you can do with your appearance

Unveil the fraud  
CLICK HERE!

69 clicks from  
**SEX BOMBHELL**  
to normal

Photo special  
**HOW I BECAME PERFECT**

Guilty?  
**LARGE IMPERFECTIONS THAT CAN EASILY BE RETOUCED**

Look like the stars in  
**HOLLYWOOD**

WHAT IS REAL AND WHAT IS NOT? CLICK TO SEE.

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# DOES SOCIAL MEDIA FUEL EATING DISORDERS?





Post your makeup-free,  
unedited selfie



#barefacedbeauty