



## Dieting and the Drive for Thinness

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### DO YOU KNOW THE TRUTH ABOUT DIETING?

- Body dissatisfaction and the drive for thinness are among the best known contributors to the onset of an eating disorder. (*Stice 2002*)
- Over one-half of teenage girls and nearly one third of teenage boys use unhealthy and dangerous weight control behaviours such as skipping meals, fasting, smoking cigarettes, and vomiting. (*Neumark-Sztainer, 2005*)
- Adolescent girls are more likely to use extreme methods with 35-57% engaging in crash dieting, fasting, self-induced vomiting, or diet pills. Overweight girls are more likely than normal weight girls to engage in such extreme dieting. (*Boutelle et al., 2002; Neumark-Sztainer & Hannan, 2001; Wertheim et al., 2009*)
- Girls who diet frequently are 12 times as likely to binge as girls who don't diet. (*Neumark-Sztainer, 2005*)
- Most fashion models are thinner than 98% of 'normal' American women. (*Smolak, 1996*)
- 95% of all dieters will regain their lost weight in 1-5 years. (*Grodstein, Levine, Spencer, Colditz & Stampfer, 1996; Neumark-Sztainer, Haines, Wall & Eisenberg, 2007*)
- 35% of 'normal' dieters progress to pathological dieting. Of those, 20-25% progress to partial or full blown syndrome eating disorders. (*Shisslak & Crago, 1995*)
- Over half of adult women report dieting in order to lose weight. (*Neumark-Sztainer et al., 2000*)
- Perhaps half of adolescent girls have dieted at least once and a small minority (perhaps 2%) are constant dieters. Even among clearly non-overweight girls, over 1/3 report dieting. (*Boutelle et al., 2002; Field et al., 1999; Wertheim et al., 2009*)
- The U.S. weight loss industry is worth \$50 billion, whilst the IRISH weight loss market is estimated to run into hundreds of millions of euro. (*www.irishtimes.com - Posted: January 10, 2010*)

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