

Do I Contribute to Another's Eating Disorder?



The Renfrew Center Foundation was established in 1990 due to the strong need for public and professional awareness regarding anorexia, bulimia and binge eating disorder. Today, the Foundation is dedicated to advancing eating disorders education, prevention, research, advocacy, and treatment.

What we hear, think and say has a profound impact on how we feel about our bodies. The following are ways in which we might unintentionally encourage eating disorders.

- Praising or glorifying another's appearance based on body size or attractiveness
- Complimenting someone when they lose weight or diet
- Encouraging someone to lose weight
- Talking negatively about our bodies
- Discussing measurements, weight or clothing sizes
- Thinking of foods as "good" or "bad"
- Making fun of another person's eating habits or food choices
- Criticizing our own eating
- Considering a person's weight important
- Saying someone is "healthy" or "well" because she is thin
- Expecting perfection
- Encouraging more exercise than is healthy
- Assuming that a large person wants or needs to lose weight
- Allowing the media to dictate what body type is "in"
- Discussing weight, shape and appearance of others in judgmental terms
- Showing excessive concerns about your child's weight or shape
- Responding negatively to changes in your daughter's body as she matures

For more information, please contact The Renfrew Center Foundation at 1-877-367-3383 or visit www.renfrewcenter.com