Body Image

Lecture Objectives

• Describe the sociocultural influences on body image in the United States.
Poor body image may result in:

- depression,
- excessive dieting,
- eating disorders, and
- body preoccupation
Cameron Russell: Looks aren't everything. Believe me, I'm a model.

- What are your reactions to this video?
- What did she mean by “constructions”?
- How do the messages she communicated impact women’s body image and potentially women’s health?

Class Wrap Up

- **Key Terms:**
  - Body Image
- **Individual Health Importance:**
  - Understand the key components of living a healthy lifestyle, which includes having a positive body image.
- **Public Health Importance:**
  - Negative body image can result in adverse physical and mental health consequences.
- **Social/Political Importance:**
  - Sociocultural, political, and environmental factors influence body image.