

# Picture this

how body dissatisfaction is growing among Australian young people:

BODY DISSATISFACTION STARTS YOUNG

#ChangeThePicture

Body dissatisfaction is one of the highest risk factors for the development of disordered eating and eating disorders.<sup>1</sup>

**1 in 2 girls and 1 in 5 boys** said they'd been afraid of gaining weight in the last four weeks.<sup>2</sup>

**1 in 4 girls and 1 in 10 boys** had consciously restricted their food intake to control their weight.<sup>3</sup>

**Just under half** of girls aged 15 – 19 reported being extremely or very concerned about body image.<sup>4</sup>

We urgently need to reach more young people, more schools and more parents. By putting evidence-based resources in people's hands they can say and do the right things to support body confidence. They can help to stop our kids sliding into serious mental health issues.

**Helen Bird, Manager,  
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Eating disorders cause **more deaths each year** than the national road toll.<sup>5</sup>



**Butterfly**  
LET'S TALK eating disorders

<sup>1</sup> NEDC - <https://nedc.com.au/eating-disorders/eating-disorders-explained/body-image> <sup>2,3</sup> Longitudinal Study of Australian Children statistical report released October 2018. <sup>4</sup> Mission Australia Youth Survey 2020. <sup>5</sup> <https://www.abs.gov.au/statistics/health/causes-death/causes-death-australia/2019>