

Features

3 Body Dissatisfaction in Adolescent Females and Males: Risk and Resilience

By Katherine Presnell, Ph.D., Sarah Kate Bearman, Ph.D., and Mary Clare Madeley, B.A.

An understanding of the factors that increase the risk for body dissatisfaction can help guide prevention efforts. This article examines the prevalence of body dissatisfaction among adolescent boys and girls, discusses the role of body dissatisfaction in psychological disorders, and explores predictors of the development of body dissatisfaction.

7 Preventing a Continuum of Disordered Eating: Going Beyond the Individual

By Shelly Russell-Mayhew, Ph.D., R. Psych.

This article examines the continuum of attitudes and behaviors that lead to disordered eating, and then discusses wellness-based approaches that target all stakeholders. The focus throughout, is the context in which disordered eating occurs.

11 Addressing the Spectrum of Adolescent Weight-Related Problems: Engaging Parents and Communities

By Dianne Neumark-Sztainer, Ph.D., M.P.H., R.D.

With the broad spectrum of weight-related problems prevalent among adolescents, this article provides a rationale for simultaneously addressing all of them. It then provides suggestions for working with adolescents within school and community-based settings as well as guidelines for helping parents raise children with positive body images and healthy weights.

15 Recognizing and Preventing Adolescent Eating Disorders and Muscularity Problems

By Linda Smolak, Ph.D., and Michael P. Levine, Ph.D.

It is important for adults who work with youth to know how to address the issues of eating disorders and steroid use. This article provides the signs and symptoms of each, gives practical suggestions for talking with youth about a potential problem, and then provides prevention strategies.



18 Integrating Eating Disorder and Obesity Prevention Programs for Adolescents

By Heather Shaw, Ph.D., Janet Ng, B.A., and Eric Stice, Ph.D.

To date, prevention efforts aimed at curbing eating disorders have remained fairly distinct from those to prevent obesity. This article reviews the advantages of integrating prevention approaches, and then discusses prevention programs that appear to show promise in preventing a broad spectrum of eating problems.

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The Prevention Researcher is a quarterly journal with the mission of connecting service professionals to the latest research. Established in 1994, each single-theme issue of *The Prevention Researcher* focuses on an "at-risk" youth topic from a prevention standpoint. *The Prevention Researcher* is indexed in CINAHL, PsycEXTRA, and Education Index.

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From the Editor's PC

Dear Colleague,

Our society is obsessed with how we look; talk about weight-loss and how to shape our bodies is a cultural pastime. This quest for a "perfect" body has been transmitted to our youth. Indeed, almost half of all adolescent girls and a quarter of adolescent boys report significant distress about their size and shape.

Body dissatisfaction is a precursor to unhealthy weight control and body-altering behaviors. In our lead article, Dr. Katherine Presnell and colleagues highlight the factors that influence the development of body dissatisfaction, and consider protective factors that may decrease the risk for body image concerns.

Our next two articles examine the spectrum of weight-related problems with each author offering a different conceptualization of the continuum. Both the BRIDGE Framework provided by Dr. Shelley Russell-Mayhew and the Spectrum of Eating-, Activity-, and Weight-Related Concerns provided by Dr. Dianne Neumark-Sztainer explore the range from healthy to unhealthy eating behaviors. These articles work together in providing an understanding of how unhealthy weight control behaviors, like dieting, can lead to harmful consequences. They also explore the important role that adults who work with youth can play in preventing weight-related problems among adolescents.

It can be difficult to recognize when an adolescent has a serious problem with body shape, body weight, or eating. In our fourth article, Drs. Linda Smolak and Michael Levine discuss the signs and symptoms of both eating disorders and steroid use, and then provide tips for talking with youth about an eating or steroid problem. They conclude with strategies for prevention.

Finally, there may be times when prevention programs need to be put in place. Our final article, by Dr. Heather Shaw and colleagues, advocates for integrating eating disorder and obesity prevention programs, and explores programs which appear to prevent this broad range of eating disturbances.

Body dissatisfaction and eating disorders are often considered individual problems. These articles challenge us to look at the role society, including ourselves, play in this problem. As we conclude, I challenge you to consider what you can do to change how youth perceive their bodies.

All the best,



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