The Expert Says-Summer 2016

Health experts discuss how body image can affect our mental health and well-being.

June 6, 2016 By Kate Ferguson

What role does the media play in how we view our bodies?

When people compare themselves to media images of individuals considered attractive, they may become dissatisfied with their bodies. In some instances, this can result in extreme behaviors, such as excessive dieting or exercise or repeated cosmetic surgeries to achieve these idealized body types.

What illnesses can an unhealthy body image cause?

A distorted body image may lead to eating disorders, such as anorexia, bulimia, compulsive overeating or binge eating disorder. In addition, an unhealthy body image can trigger mental health problems, such as depression or an obsession with perceived flaws, called body dysmorphic disorder.

How do we know if we have an unhealthy body image?

When you despise yourself because of your appearance and as a result feel you have no value, this can be a sign you have an unhealthy body image.

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