

Factors that Influence body Image

影响身体形象的因素

Body Image 身体形象

Your body image doesn't describe what your body actually looks like— but how you think it looks.

你的身体形象指的不是你的身体实际上是什么样子，而是指的你所认为的它的样子。

People with a positive body image appreciate and value their bodies.

拥有积极（自信）的身体形象的人欣赏并重视自己的身体。

Family and Peers 家人和同龄人

A child's body image is influenced by his or her parents.

孩子的身体形象受到父母的影响。

A teenager's body image is also influenced by his or her friends.

青少年的身体形象也会受到他或她的朋友的影响。

All teenagers feel self-conscious about their bodies at some time.

所有青少年都会在某个时段对自己的身体感到不自在。

Teenagers sometimes make unhealthy choices when attempting to change their body shape or size.

青少年在尝试改变自己的体型时有时会做出不健康的选择。

In the Media 在媒体上

Advertisements convey messages about what **is regarded as attractive and desirable.**

广告传达的信息是关于什么**被认为**是有吸引力和令人向往的。

Images of celebrities can also set standards for attractiveness.

名人的形象也可以设定吸引力的标准。

These images are often unrealistic or misleading.

这些形象通常不切实际或具有误导性。

Female Body Image 女性身体形象

Popular media employs images of women who are consistently young and thin.

大众媒体采用的（崇尚的）女性形象始终年轻、苗条。

This promotes an unrealistic standard of attractiveness against which women are measured.

这助长了衡量女性的不切实际的吸引力标准。

Male Body Image 男性身体形象

Males are feeling increased pressure to conform to an unrealistic body image.

男性因遵循不切实际的身体形象而感到越来越大的压力。

Media images of men have become increasingly muscular.

媒体上男性的形象变得越来越强健。

This has led some boys and men to take extreme measures to change their body shape and size.

这导致一些男孩和男人采取极端措施来改变自己的体型。

Men also feel pressured to change their body to match unrealistic ideals.

男性也面临着改变自己身体以适应不切实际的理想的压力。

Ethnicity and Body Image 种族和身体形象

Media ideals for body image are not embraced to the same extent by everyone.

媒体推广的理想的身体形象并没有得到每个人同等程度的接受。

Different groups have different values and preferences when it comes to ideal weight and appearance.

对于理想的体重和外观，不同的群体有不同的价值观和偏好。

Sports and Body Image 运动与身体形象

Involvement in sports can influence a person's body image.

参与体育运动会影响一个人的身体形象。

Athletes may feel pressure from coaches or parents to maintain a thin body.

运动员可能会感受到来自教练或父母的压力，要求他们保持苗条的身材。

Teenagers in sports that do not emphasize thinness feel less pressure to be thin.

参加不强调（要求）瘦的运动的青少年感觉保持苗条的压力较小。

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What Are Eating Disorders?

什么是饮食失调?

Eating Disorder 饮食失调

A serious illness that causes major disturbances in a person's daily diet.

一种严重影响人们日常饮食的疾病。

There are three main types:

主要有三种类型:

- **Anorexia nervosa** 神经性厌食症
- **Bulimia nervosa** 神经性贪食症
- **Binge-eating disorder** 暴饮暴食症

Anorexia Nervosa 神经性厌食症

An eating disorder in which a person has an intense fear of gaining weight.

一种饮食失调症，患者强烈害怕体重增加。

The person eats too little and loses far more weight than is healthy.

这个人吃得太少，体重减轻的程度远远超过健康水平。

Often marked by lack of menstruation among females.

女性通常以月经缺乏为特征。

Bulimia Nervosa 神经性贪食症

An eating disorder in which a person has recurrent episodes of binge eating followed by purging.

一种饮食失调症，患者反复暴食，随后又进行清除。

Binge-purge episodes are often triggered by some type of negative emotion.

暴饮暴食事件通常是由某种负面情绪引发的。

Binge-Eating Disorder 暴饮暴食症

An eating disorder in which a person consumes a huge amount of food in a short period of time.

一种饮食失调症，患者在短时间内摄入大量食物。

Accompanied by feelings of extreme distress during or after bingeing.

在暴饮暴食期间或之后伴有极度痛苦的感觉。

Problems Caused by Eating Disorders 饮食失调引起的问题

Anorexia nervosa:

神经性厌食症：

- **Decreased bone density** 骨密度降低
- **Brittle hair and nails** 头发和指甲脆弱
- **Mild anemia** 轻度贫血
- **Muscle wasting and weakness** 肌肉萎缩和无力
- **Severe constipation** 严重便秘
- **Low blood pressure** 低血压
- **Heart and brain damage** 心脏和大脑损伤
- **Organ failure** 器官衰竭
- **Infertility** 不孕症状

Bulimia nervosa and binge-eating disorder:

神经性贪食症和暴饮暴食症：

- **Inflamed and sore throat** 喉咙发炎和疼痛
- **Swollen salivary glands** 唾液腺肿胀
- **Sensitive and decaying teeth** 敏感或腐烂的牙齿
- **Severe dehydration** 严重脱水
- **Electrolyte imbalance** 电解质失衡
- **Damage to the stomach and intestines** 对胃和肠道有损害
- **Hypoglycemia** 低血糖

Contributing Factors 影响因素

Experts believe biological and genetic factors may trigger the development of eating disorders.

专家认为，生物和遗传因素可能引发饮食失调的发生。

Family dynamics can also play a role.

家庭动态（影响）也可以发挥作用。

Some children learn unhealthy eating patterns from watching their parents.

有些孩子通过观察父母学习不健康的饮食习惯。

Negative interaction patterns within a family may trigger disordered eating.

家庭内的消极互动模式可能会引发饮食失调。

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