

Recommended Reading from *BodyImageHealth.org*

Deadly Persuasion: Why Women and Girls Must Fight the Addictive Power of Advertising, 1999, by Jean Kilbourne. Published by Free Press. Advertising in America is deadly. Rivoting reading about why it works and what you need to know to resist it's effects.

Afraid to Eat: Children and Teens in Weight Crisis, 1997 by Frances M. Berg. Published by Healthy Weight Publishing 701-567-2646. A highly informative and extremely well researched book that clearly challenges how the American culture promotes unhealthy eating and body image attitudes and behaviors.

The Body Project, 1997 by Joan Jacobs Brumberg. Published by Random House. Chronicles the change in body image attitudes in women over the past 100 years through the diaries of girls.

Big Fat Lies: The Truth About Your Weight and Your Health, 1996 by Glen Gasser, M.D.. Published by Fawcette/Columbine. Summarizes the medical research on body size diversity and the expected failure of dieting for weight loss. Written for non-medical professionals.

Reviving Ophelia, 1994 by Mary Pipher. Published by Ballantine Books. An eye-opening book on the everyday dangers of growing up young and female in America. How adults can help.

Am I Fat? Helping Young Children Accept Differences in Body Size, by Joanne Ikeda and Priscilla Naworski. Published by ETR Associates, 1-800-321-4407

The Skinny on Fat, 1999 by Shana Vogel. Published by Freeman and Company

When Women Stop Hating Their Bodies, 1997, by Jane Hirschmann. Published by Fawcette Columbine.

Solving your Child's Eating Problems, 1985 by Jane Hirschmann and Lela Zaphiropoulos. Published by Fawcette Columbine/Ballantine.

How to Get Your Kid to Eat - But Not Too Much, 1987 by Ellyn Satter. Published by Bull Publishing, Written in an easy to read style, this is a no-nonsense approach to feeding kids well. Promotes healthy body size attitudes.

The Secrets of Feeding a Healthy Family, 1999 by Ellyn Satter. Published by Kelcy Press. Helps adults establish a positive feeding relationship with children.

The Bodywise Woman, 1996, by Judy M. Lutter and Lynn Jaffee. Published by Human Kinetics. Order from the Melpomene Institute for Women's Health Research, St. Paul, MN 651-642-1951. A sensible, highly informative book that provides the facts about bodies in a friendly, easy to read way that helps women make good health decision.

How the Namuh Came to be Content with Who They Were, 1999, by Kathy Kater. Available from the author at (651) 770-2693 or email kathykater@isd.net An engaging, metaphorical children's story providing perspective on the development of unhealthy body image attitudes and eating behaviors. Includes discussion questions.

CURRICULUM:

Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!, 1998 by Kathy J. Kater. Published by EDAP 603 Stewart St., Suite 803, Seattle, WA 98101 Phone: (206) 292-9890 <www.edap.org> An engaging, comprehensive guide adaptable for any age, preschool through adult, but with scripted lessons, stories and activities for 4th through 6th grade. Cross curricular lessons challenge unhealthy cultural myths and promote the development of healthy, realistic body images, eating well and physical activity.

Outcome research on the above curriculum: Kater, K., Rohwer, J., & Levine, M.P., "An elementary school project for developing healthy body image and reducing risk factors for unhealthy and disordered eating". *Eating Disorders: Journal of Treatment and Prevention*, Winter, 2000, Volume 8, Issue 1.

Full of Ourselves: Advancing Girl Power, Health and Leadership, by Steiner-Adair, Catherine and Lisa Sjoström, Available January 2000 from the Harvard Eating Disorders Center, 356 Boylston Street, Boston, MA 02116, tel: (617) 236-7766. Through upbeat group discussion, free writing, art, and body-centered activities, girls explore a wide range of topics and concepts to strengthen health, self esteem and potency.

Go Girls!, 1999, published by EDAP, 603 Stewart St., Suite 803, Seattle, WA 98101 Phone: (206) 292-9890 <www.edap.org>

OTHER RESOURCES FOR SCHOOL PERSONNEL:

Body Wise Eating Disorder Information Packet for Middle School Personnel, Published by the U.S. Department of Health and Human Service's Office on Women's Health, Educational Services, Inc. 1150 Connecticut Avenue, NW, Suite 1100, Washington, DC 20036, <bodywise@esilsg.org>