



26 Jun 2019
Courier Mail, Brisbane

Author: Adella Beaini • Section: General News • Article Type: News Item
Audience : 135,007 • Page: 3 • Printed size: 84.00cm² • Region: QLD • Market: Australia
ASR: AUD 1,792 • words: 153 • Item ID: 1137920132



 isentia.mediaportal

Licensed by Copyright Agency. You may only copy or communicate this work with a licence.

Page 1 of 1

Kids at risk of 'fear of fatness'

ADELLA BEAINI

PRIMARY school-aged kids are showing an unhealthy concern with their body image that is affecting their well-being, new research has found.

A study by Flinders University found 38 children aged 11-12 years old were worried about eating some foods and felt the need to find ways to prevent "fatness".

Lead author Dr Stefania Velardo, said children over-emphasised the links between body size and their health, without acknowledging other aspects of health, such as sleep and feeling good.

"For example, some children could reasonably avoid healthy food consumption across the five core food groups if they are already seen to have a socially acceptable body," Dr Velardo said. "However, more concerning is the potential for children's ideas about fatness to breed anxiety, shame and negative psychological experiences."

Dr Velardo warned parents, health professionals and the Government of the need to find ways to encourage children to develop a more positive relationship with food.