

International No Diet Day - YWCA Victoria says Stop talking about Diets for a day!

MEDIA RELEASE

On International No Diet Day YWCA Victoria calls on the community to consider the impact on young people when talking about diets and body image concerns in front of them.

'On International No Diet Day, I would like to encourage the community not to talk about diets or weight loss or body image concerns for one day' YWCA Victoria President Rose Bryant-Smith said today 'Rather than focus on the negative, why not use today to remind those important to us that they are unique and valuable, just the way they are'

Body image is an issue of great concern to Australia's young people, with poor body image related to depression, eating disorders, negative self esteem, unhealthy exercise regimes, substance abuse and unhealthy dieting.

Mission Australia's National Survey of Young Australians 2008 indicated that body image was among the top three concerns for Australian youth. In Victoria, young women placed body image as the top concern.

As Ms Bryant-Smith said today 'YWCA Victoria understands the significant pressure on young people to look a certain way and how this is often achieved through unhealthy or disordered eating behaviours.'

Children and young people are influenced by what they see and hear around them, and that includes eating behaviour and attitude to food. YWCA Victoria is working with inner Melbourne Primary schools to provide the FlyGIRL program, an early intervention program and an opportunity to be physically active and have fun through providing a safe and supportive space to build positive body image, self esteem and positive peer relationships.

FlyGIRL teaches the participants about their own attitudes towards themselves and each other by focusing on movement and building physical skill through circus activities. Circus skills require coordination, timing and patience and builds confidence in the participants as they challenge themselves to use their bodies in a different and engaging way.

'Negative body image can seriously impact on the emotional, psychological and physical health of young women in Victoria, and is an issue that needs to be addressed, for the health of young women and the wider community.'

What you can do today:

- ❖ Give yourself a break from dieting
- ❖ Don't discuss your diet, body image concerns or your weight for one day
- ❖ Don't believe what you see in magazines
- ❖ Enjoy your body and use it by going for a walk or a bike ride

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