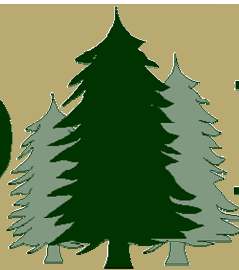


# The CEDAR Review

Associates



## Eating disorders, general psychotherapy, nutrition, and recovery

### OFFICES:

67 South Bedford Road • Route 172  
Mt. Kisco, NY 10549  
Phone: 914-244-1904

1075 Central Park Ave • Suite 412  
Scarsdale, NY 10583  
Phone: 914-472-4019

99 Main Street • Suite 115  
Nyack, NY 10960  
Phone: 845-348-7660

### INTERNET:

<http://www.cedarassociates.org>  
Email: [newsletter@cedarassociates.org](mailto:newsletter@cedarassociates.org)

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### News & Announcements:

We are redesigning our web site! [Please email us with ideas and suggestions that are important to you!](#)

### Groups at CEDAR:

#### FREE MONTHLY SUPPORT GROUP FOR

family members, friends and partners of eating disorder sufferers

**Next Meeting: Oct 21, 2006**

[Support Group Info & Meeting Dates](#)

### Quote of the Month:

“Feeling healthy and feeling good about yourself is not a luxury—it’s an absolute necessity”

## Eating Disorders among Hispanic Americans

By Judy Scheel, Ph.D.

Anorexia Nervosa and Bulimia are described often, as “culture-bound syndromes” with roots in Western values although there is some research to suggest that social and cultural milieu do not influence eating disorder development. Neither the exposure to Western television nor acculturation to Western norms was related to eating disorder symptomatology between Iranian women living in Iran and Iranian women living in America. (Abdollahi)

Some experts, however, “blame” the increase in eating disorders among Hispanic women on the media’s on-going obsession with body image and weight.

According to the Academy

for Anorexia and Related Eating Disorders, children, on average, watch over 21 hours of television per week. Because Latin American women are gaining increased access into mainstream media, susceptibility to media messages and desire to acculturate to meet the already existing American ideal follows right along side. Idols like Penelope Cruz and Jennifer Lopez transformed the traditional ‘ideal’ of the fuller, more voluptuous Hispanic female form into one that resembles the contemporary ideal associated with Caucasian women, 5’9” and 112lbs. The ideal weight and height for a woman of 5’9” forty years ago was 145lbs, a more realistic and healthy number for a woman of this height. Research at University of Arizona

found that among Hispanic, white, and African-American girls in grades 4-12, Hispanic girls were as likely as their peers to develop an eating disorder, however, they had greater weight loss attempts than their racial counterparts. (Shisslak) A 1996 study at the University of South Florida, found that Caucasian and Hispanic Americans had greater weight-related body image disturbance than African-Americans and Asian Americans. This is alarming and given that overall, women of Hispanic origin tend to have a greater body mass index than women of Caucasian and Asian decent, weight loss efforts among this group is growing.

To read more of this article, [please click on this link](#)

Eating Disorders Affect people all around the world



4th World Conference: Promotion of Mental Health & Prevention of Mental and Behavioural Disorders

Oct 11-13, 2006: Norway



2006 Eating Disorders & Body Image Symposium

Oct 13-14, 2006: Sacramento, CA



14th Intl Eating Disorders Conference  
Oct 19-21, 2006: Alpbach, Austria