

# Creating Healthier Lives

## A Forum on Body Image & Nutrition

A community forum discussing positive body image, eating right according to your body, social media's impact on the "ideal" body and more. This forum will be hosted by the Mayor's Youth Leadership Council. Be sure to join and hear from expert panelists as they discuss how to cultivate a healthy relationship with your body.

- Approximately 91% of women are unhappy with their bodies and resort to dieting to achieve their ideal body shape. Unfortunately, only 5% of women naturally possess the body type often portrayed by Americans in the media
- 95% of people with eating disorders are between the ages of 12 and 25.
- Only 10% of people suffering from an eating disorder will seek professional help.
- More than 1/3 of the people who admit to "normal dieting," will merge into pathological dieting. Roughly 1/4 of those will suffer from a partial or full-on eating disorder.

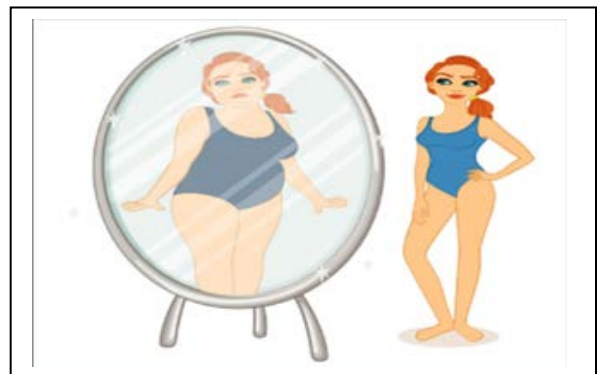
<https://www.dosomething.org/us/facts/11-facts-about-body-image>

**February 22, 2023**  
**6 p.m. – 8 p.m.**

**Virtual Zoom Event**

**[RSVP for Login Details:](mailto:molly.biebel@tampa.gov)**  
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