

### Eating Disorders and Disordered Eating

Anorexia nervosa is typified as a white, middle-class condition. Its medicalization obscures some of the causes and potential treatment (O'Connor). "Clinicians failed to see how normative such behaviour had become" (Bordo 266).

The simplistic explanations for anorexia include: an underlying psychological or medical condition, family dysfunction, the influence of the media and beauty industry, a fear of fat and desire for thinness, and unhealthy relationships to food. Anorexia takes many different forms and types, and atypical anorexia may be as common as anorexia nervosa.

### Fat Studies

Fat studies is interdisciplinary. Fat Studies attempts to reclaim the word "fat". By using the word "fat", scholars are encouraged to strip the word of its discriminating ideals and place it at the forefront of research, in a place of value as opposed to worthlessness. The word "overweight" is inherently anti-fat. It suggests that there are only two types of bodies: "normal" and "overweight". If the use of the word "overweight" is acceptable or preferred, this means that weight prejudice and bias is also accepted and preferred. BMI is often skewed when taking into consideration aspects like race, gender, and age, as the baseline for the scale was middle aged white U.S. men. The Biggest Loser is intensely gendered and reaffirms many of the problematic ideas about where "fat" comes from and how it can be eliminated..



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