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## The Effects of Social Media on Eating Disorders

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# The Effects of Social Media on Eating Disorders

Myrka Perez-Ochoa

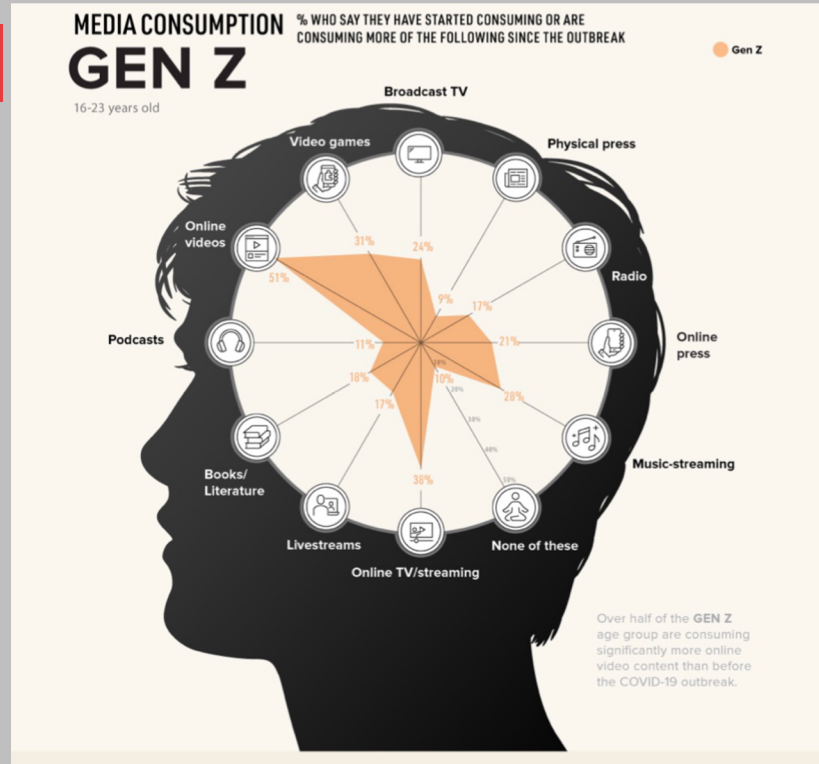
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## Abstract

Eating Disorders are illnesses causing disturbances in a person's eating behaviors, related thoughts, and emotions, negatively affecting a person's everyday life. The three main categories are Anorexia, Bulimia Nervosa, & Binge Eating Disorder. Developments of Eating disorders date back to the Middle Ages & are seen across the globe. Higher cases are reported in developed countries like the United States because of the easy access to social media. Social media includes platforms like Instagram, Facebook, YouTube, T.V., etc. Social Media increases eating disorders because it sets unrealistic body standards.



## Conclusion & Discussion

Social Media has increased the numbers of eating disorders, especially because of COVID-19. Mainly due to increased media consumption by generation Z and newer generations. Social media has set unrealistic body standards and have conditioned people to desire those standards. Done through the millions of dollars spent on the beauty and diet industry. Females are conditioned to believe they must be petit, while males are conditioned to believe they should be lean & muscular. This effect done through the big billboards, magazines, ads, social media and diet trends. Generation Z & younger generations grew up/will grow up with media all around them. Their environment will be the media and the development of eating disorders are 30-50% environmental based.

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## Key Points

- Eating disorders have the highest mortality rate of any mental illness (due to lack of nutrients and treatment)
- Eating Disorders affect people of all ages, cases as young as 5 years old
- 30%-50% of eating disorder development are based from environment factors
- mutations in two genes, the ESRCA and HDAC4, create an 85%-90% chance of developing an eating disorder
- 80% of media consumption since the outbreak of COVID-19
  
- In 2002 females from the Fiji Islands were exposed to western TV and after 3 years 69% of the females started to diet, compared to 0% before exposure to media.

