

How can we prevent girls from going on an extreme diet?

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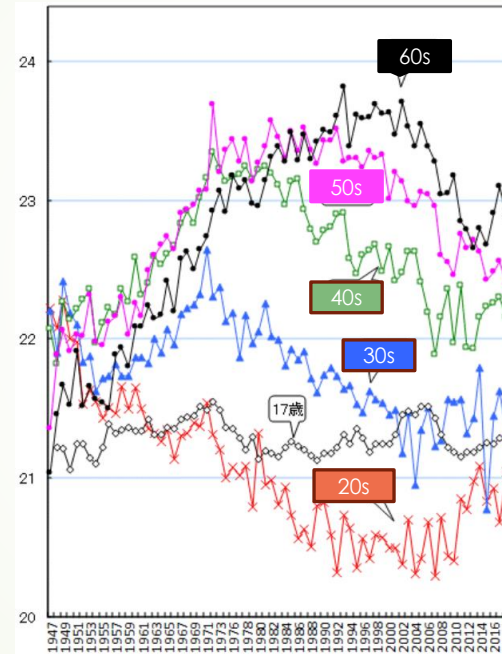
Introduction

Young girls going on an extreme diet is being a problem today in Japan. Too high interest in diet is leading young aged girls in Japan to diet, and sometimes extreme diet, which can cause health problems. Extreme diet can cause health/physical problems in women, such as anemia, low blood pressure, amenorrhea, insomnia, immunodeficiency, low birth weight infant when giving childbirth, bone density reduction.

Because the diet is familiar and popular among young girls already, it would be important to understand the factors that are driving the girls to go on an extreme diet to find a solution to prevent them from going too extreme that is affecting one's health.

Method

To find out the factors driving girls to go on an extreme diet, I went through several scientific articles that research on the topic. Through the research, I was able to learn that there are so many different factors. To spread a right information about diet, I also looked into what are the basic but healthy diet we can do.



<BMI shift in Japanese women: BMI of 20s and 30s are lower than 1947!>

Healthy diet key points?

- Food balance
- work out
- sleep

Result

The factors include biological factors, psychological factors, social factors, the experience of dieting, collection of dieting information, desire to be slim, a feeling of self-efficacy. I also learned that media possess a strong impact (pressure to lose weight), and increase public & private self-consciousness. Increased public & private self-consciousness increases the desire to be slim, eventually the risk of abnormal eating behavior, and people with an eating disorder have a higher tendency of doing the extraordinary diet.

Solution idea

Spread right information about diet (how to lose weight in short time<how to lose weight in a healthy way)→media, SNS, TV, famous people will have a big and positive impacts.



References

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