

***Healthy Body Image* author is available to speak to your health organization, community program or school**

Kathy Kater, LICSW, author of *Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!* on *Preventing and Reversing Body Image, Eating and Weight Concerns**

Kathy Kater, LICSW has specialized in the treatment of body image and eating disorders for over 20 years. Frustrated that progress in understanding body image and eating problems has not been matched by prevention, she authored *Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!** This comprehensive prevention curriculum is the first of its kind to produce significant measurable improvement in weight related attitudes and in reducing the risk factors for disordered eating in pubescent children. *Healthy Body Image* has been recommended by the U.S. Department of Health Office of Women's Health in their *BodyWise* information packet for educators. In her presentation, Kathy provides audiences the opportunity to learn and become confident in implementing the same *Model for Developing Healthy Body Image* used in her successful curriculum

TARGET AUDIENCE:

Adults interested in promoting healthy body image attitudes and preventing or reversing eating and weight concerns: educators and administrators at all levels, physicians and other health and mental health care providers, parents and other child care providers, policy makers, community organizers and individuals age 14 and older.

PRESENTATION SUMMARY:

People have always been interested in appearance, but the current emphasis on physical beauty, and the pressure on women to be thin in order to achieve today's "ideal" standard is unprecedented. As a result, it is now *rare* for females in America to feel content with their bodies. Most women and an increasing number of men describe themselves as "fat," regardless of size. Despite its counterproductive nature, "dieting" has become the norm. As they enter their prime developmental years, roughly 70% of girls begin to engage in unhealthy eating in an effort to "control" or lose weight. The negative impact is extending to younger and younger children, with almost half of 3rd to 6th grade girls now wanting to be thinner. Boys are increasingly affected. At a time in their lives when they should feel secure in their body's growth, developing confidence in the habits that will help them to become healthy adults with healthy weights, American children are anxious and

pre-occupied with their body size, afraid that food will make them fat, and eat in ways that are detrimental to health and well being. Ironically, as the drive to be thin has intensified, producing the greatest weight loss efforts ever known to humankind, America has *simultaneously become the fattest nation on earth!* Clearly something is wrong with this picture.

Kater's multi-media workshop provides an overview of the problem of unhealthy body images, eating patterns, and weight concerns in American culture and American youth. Five cultural myths that directly *encourage* these problems are revealed, and the "antidotes" needed to resist these messages are provided. Kater's demonstration of methods used in her comprehensive prevention curriculum empowers her audience to immediately apply the principles for developing healthy body images and preventing eating and weight concerns in kids and adults.

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*Alternate titles tailored to fit your groups focus are available.

***HEALTHY BODY IMAGE: Teaching Kids to Eat and Love Their Bodies Too!** (1998) is published by and available from EDAP, 603 Stewart Street, Suite 803, Seattle, WA 98101, (206) 382-3587 www.edap.org

Preventing and Reversing Body Image, Eating and Weight Concerns

Continuing Education Objectives*

The audience will know...

- 1) negative body image and unhealthy eating are currently standard components of the prevailing developmental sequence for adolescent girls in the American culture.
- 2) the latest research related to the onset and development of body image concerns and disordered eating patterns in developing kids.
- 3) why prevention efforts targeting the known risk factors for unhealthy body image attitudes and eating behaviors must begin earlier than previously thought.
- 4) five prevalent cultural myths that promote body image concerns and disordered eating in America.
- 5) the “antidotes” needed to develop resiliency in the face of these myths.
- 6) a new model for promoting healthy weight related attitudes and eating behaviors.
- 7) a sampling of the methods and promising results of *Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!*, a new primary prevention curriculum for developing children.

* Use to apply for continuing education credits for your workshop or conference.

• What participants have said about Kater's presentations:

Professional participants have said:

"Excellent speaker! Extremely knowledgeable, and uses wonderful methods that get her message across in ways that I can take right back to the classroom for students."

Participant - Harvard National Conference for Educators on Eating Disorders,

"I found Kathy Kater to be a very engaging, articulate and knowledgeable convention speaker. Her interactive style of presentation was very refreshing. Her follow-through was exceptional as well. She provided supplementary materials for me after the conference, which required generous added time on her part. I highly recommend her as a speaker."

*Sue Abney, R.D., C.D., Purdue University
Participant - Eating Disorders Awareness and Prevention Conference,*

"Kathy Kater should be introduced to young children and their parents everywhere. She has developed a curriculum that makes real sense to kids and parents who must deal with unhealthy media pressures in regard to body image and eating. Our school had the good fortune to implement Ms. Kater's curriculum, as well as having her speak to our teachers and Family Education participants. She is a great speaker, with an important message that is relevant to everyone. She did such a good job, that the line of parents and students waiting their turn to speak to her after the program was very long. The comments I heard later were that Ms. Kater was just as excellent one-on-one as she was in making her presentation. I urge you to do your children, your teachers and yourself a favor and take advantage of all she has to offer."

*Ken Scarbrough, Superintendent
Staples Motley School District, Minnesota*

"I really didn't want to attend this (mandatory) in-service. I thought it would be a waste of time. But I was wrong. I'm very glad I came. In fact, I gained a whole new way of thinking about these issues."

*Middle and Upper School Science Teacher
Mounds Park Academy, St. Paul, MN*

"Kathy Kater has developed a dynamic, creative, innovative prevention approach for addressing negative body image and eating concerns in children. Her message is critical for everyone, and her presentation style is full of energy. The multi-media approach and experiential methods used to convey very pertinent and sensitive subject matter was very effective. She is articulate, and well versed in the latest research. When questions are asked, she treats participant with dignity and respect. We highly recommend Ms. Kater's presentation."

*Dawn Ulrich, M.S., L.P & Diana Gabriel, M.A.
Program Coordinators: Minnesota Women Psychologists*

"I have hear Kathy Kater speak on several occasions and she captures my attention again and again with her message. Her delivery is riveting as she challenges common myths about weight, fat and bodies in our culture. I highly recommend using Kathy as a presenter. Her audiences benefit by examining their own views and come away better able to teach children a more realistic and healthy alternative."

*Deb Betterly, M.S., C.L.C., Health Enhancement
Director, Red Wing Family YMCA*

This was one of the most useful and impactful professional development presentation I've been to in a long time."

Participant - Minnesota Women Psychologists (day-long workshop)

Parent participants said:

"This was a straight shooting presentation - very helpful. I can use this information with my daughter. Thanks!"

"Great speaker. Positive messages. Wonderful problem solving ability. I loved the examples of exercises teachers can do with kids in the classroom."

"I liked everything about this program. Very informative. The presenter was very comfortable."

"This is the first time I have understood *why* dieting doesn't work!"

"I wish I'd have had this information 30 years ago!"

"Excellent reinforcement I will use with my own children as well as with patients." (Parent / M.D.)