



Dissatisfaction with body image and healthy body according to nutritional status in adolescents

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CONTATO

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Abstract: Psychosocial and environmental factors can influence how adolescents perceive their body image (BI) and whether it matches with the real nutritional status (normal weight, overweight and obesity). This study aimed to analyze the dissatisfaction with BI and the concept of healthy BI according to nutritional status. A cross-sectional study was carried out in 2014 in six public schools in Fortaleza, Ceara, Brazil. Participants counted 1,182 adolescents aged between 11 and 18. Body mass index (kg/m²) was calculated after measuring weight and height using international standardized protocol. We used the 9-point silhouetted scale of Stunkard et al. Perception of the current BI and the healthy body were asked. Gender (boys and girls) and age groups (11-13 years-old and 14-18 years-old) were reported. Comparison between groups were made using Chi-square test for linear trends, considering $p < 0.05$. Only 26.4% of adolescents reported a BI similar to the healthy body; 41.8% desired to gain weight for a healthy body, and 31.8% desired to lose weight for a healthy body. There was a significant difference ($p < 0.001$) in the healthy image between nutritional status groups: the proportion of adolescents who were satisfied for a healthy body was 33.7%, 21.5%, and 9.8% among normal weight, overweight and obese adolescents, respectively. Similar results were observed when data were stratified by gender (boys and girls separately) or age groups (11-13 years-old and 14-18 years-old) (all $p < 0.001$). We conclude that dissatisfaction with BI and the concept of healthy BI in most young people is not in agreement with nutritional status.

Palavras-chave: Body image; Physical activity; Nutritional status



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