

## Glossary of Terms

**Body confidence:** Body confidence means having a positive self-image, regardless of any physical attributes of one's body. Body confidence challenges the unrealistic body ideals often promoted by the media and beauty industry and promotes acceptance of all bodies regardless of size, skin shade, physical ability, gender expression or identity, or other attribute.

**Body dissatisfaction:** Body dissatisfaction refers to a negative self-evaluation of one's body based on any aspect of appearance. It often relates to weight or size but can be related to skin shade, facial features, wrinkles with age, and any other aspect of body appearance.

**Digitally altered advertising:** In the social media age, it is standard practice for photographers and digital media production specialists to correct perceived "flaws" in the appearance of models. Using software tools like Photoshop, skin shade of models of color is lightened, wrinkles and blemishes are removed to make them look younger, and their body size and shape are altered to reflect prevailing ideals.

**Eating disorders:** Eating disorders are a group of mental illnesses that can impact an individual and their family through complex mental and physical impairments. Eating disorders include anorexia nervosa, bulimia nervosa, binge eating disorder, other specified feeding or eating disorders, and several other disorders.

**Muscle-building supplements:** This refers to all over-the-counter supplements that claim to boost muscle gains. This can include protein powders, creatine, muscle builders, pre-workouts, or amino acids, among others.

**Over-the-counter:** Over-the-counter refers to nonprescription medicine or supplements that can be purchased without a prescription.

**Weight-loss supplements:** This refers to all over-the-counter dietary supplements that claim to lead to weight loss or help avoid weight gain or lose body fat, including diet pills, weight loss teas, "detox" products, cleanses, and "fat burners," among others.

**Unhealthy weight control behaviors:** This refers to weight control practices that can be harmful, such as skipping meals, taking diet pills, and smoking more cigarettes specifically to lose or control weight. Extreme weight control behaviors include taking laxatives or diuretics, vomiting after meals, or fasting. The adverse physical and mental health consequences of dieting, weight loss, and purging behaviors are well-documented and sometimes fatal.