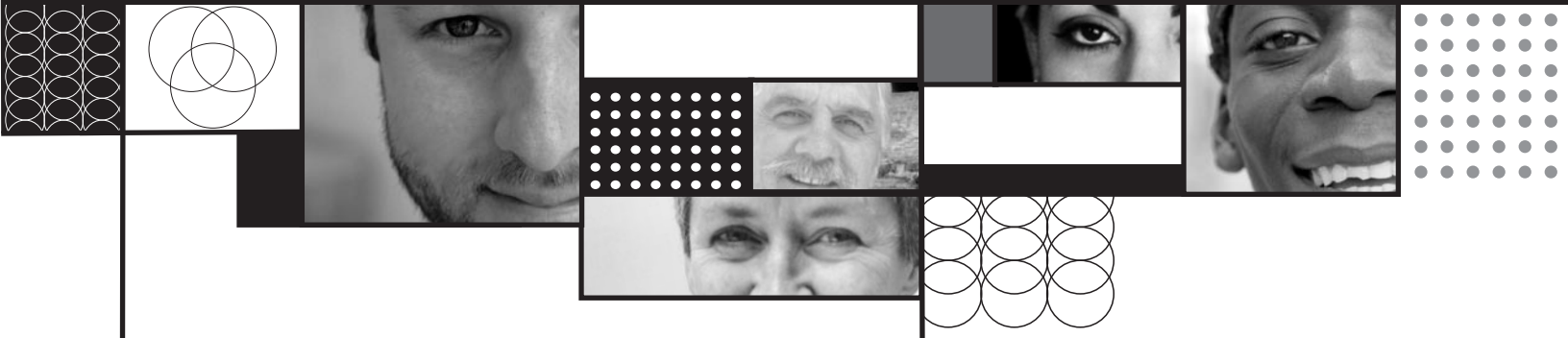




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Nutrition and Weight

Weight is culturally and socially linked to body image, discrimination and self-esteem. Nowhere is this in greater evidence than in our community, where concepts of physical beauty and sexual attraction are inexorably intertwined at many different levels.

- Studies of our community have found that while attempting to navigate the rocky shoals between negative body image and the gay male “ideal,” there is a significantly increased risk of eating disorders such as anorexia, bulimia, binge eating and purging. Younger gay men are particularly at risk.
- In contrast, the bears among us celebrate large bodies. This segment of our community may be at greater risk of poor nutrition and problems associated with excessive weight problems and overeating. Similarly, studies show that lesbians tend to be less preoccupied with weight and body image.
- Persons who are overweight or obese are at increased risk for high blood pressure, type 2 diabetes, coronary artery disease, stroke, sleeping disorders, respiratory problems and some types of cancer.
- Malnutrition, protein depletion, weight loss, body fat distribution and metabolic changes are common complications associated with HIV infection in the U.S.

THE TRUTH IS THAT GOOD NUTRITION IS IMPORTANT FOR EVERYONE. HERE'S WHAT YOU CAN DO:

- Educate yourself about proper nutritional health. Fad diets are so out.
- Cut down on those fast food meals.
- Develop an effective exercise regime tailored to your needs.
- If you are at risk, screen for cardiovascular disease and diabetes.
- Seek out friendly and understanding support to help with your nutrition and weight concerns.

remember, good nutrition
and exercise will be a life-long pursuit



A PROJECT OF:
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for LGBT Health

LGBT HEALTH AWARENESS WEEK
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