

## Size zero models have dangerous eating disorders

7th February, 2017



Many models have to get down to a very unhealthy weight to keep their modeling agency happy. A new study says agencies pressure models to be a size zero. If the model is not skinny enough, the agency will not give her jobs. The study is in the

'International Journal of Eating Disorders'. It is the largest ever report to look at eating disorders among professional models and why they have to lose so much weight to get work. Lead researcher Dr Rachel Roberts said it was the first study to investigate the link between unhealthy eating and pressure from modeling agencies. She said: "We now have...solid, scientific proof that eating disorders are a serious health problem in the modeling industry."

Researchers questioned 85 professional female models over the age of 18. They discovered that 81% of them were underweight. Many of the models led a very unhealthy lifestyle to stay underweight so they could get work from their agencies. They skipped meals, stopped eating for days, used diet pills and made themselves throw up. Over half the models said their agency told them they would not get jobs unless they lost more weight. It is not against the law for agencies to do this. Eating disorders can lead to serious health problems, such as infertility, heart damage, weak bones, organ failure and even death. In addition, teenagers want bodies like the size-zero models, which leads to public health issues.

Sources:  
[buzzfeed.com](http://buzzfeed.com) / [vogue.com](http://vogue.com) / [usnews.com](http://usnews.com) / [wiley.com](http://wiley.com)

## Writing

The fashion world should use models of all shapes, ages, sizes and colours. Discuss.

## Chat

Talk about these words from the article.

models / unhealthy / weight / skinny / professional / investigate / link / pressure / underweight / lifestyle / diet pills / agency / law / infertility / heart damage / issues

## True / False

- Modeling agencies pressure models to be size zero. T / F
- If a model is not skinny enough, she might not get work. T / F
- A new study is the largest to look at eating disorders among models. T / F
- Researchers do not have scientific proof about models' eating disorders. T / F
- Researchers interviewed 850 professional models. T / F
- Researchers found 18% of the models to be underweight. T / F
- It is illegal for agencies to make models lose weight. T / F
- Teenagers copying models creates further health issues. T / F

## Synonym Match

(The words in **bold** are from the news article.)

- |                       |               |
|-----------------------|---------------|
| 1. <b>study</b>       | a. missed out |
| 2. <b>investigate</b> | b. trade      |
| 3. <b>link</b>        | c. asked      |
| 4. <b>proof</b>       | d. Also       |
| 5. <b>industry</b>    | e. report     |
| 6. <b>questioned</b>  | f. connection |
| 7. <b>discovered</b>  | g. evidence   |
| 8. <b>skipped</b>     | h. problems   |
| 9. <b>In addition</b> | i. found      |
| 10. <b>issues</b>     | j. look into  |

## Discussion – Student A

- Do skinny models look good?
- Should models be all sizes?
- What laws would you make to protect models?
- Should models be able to sue agencies if they lose weight and get ill?
- Should asking models to lose weight be against the law?
- What harmful message does the fashion world send to teenagers?
- Do governments need to stop the size-zero fashion?
- What questions would you like to ask the boss of a modeling agency?

## Phrase Match

- |  |                          |
|--|--------------------------|
| 1. Many models have to get down to a     | a. proof                 |
| 2. If the model is not skinny            | b. the law               |
| 3. why they have to lose                 | c. failure               |
| 4. We now have solid, scientific         | d. modeling industry     |
| 5. a serious health problem in the       | e. issues                |
| 6. models led a very unhealthy lifestyle | f. enough                |
| 7. diet                                  | g. to stay underweight   |
| 8. It is not against                     | h. very unhealthy weight |
| 9. organ                                 | i. pills                 |
| 10. public health                        | j. so much weight        |

## Discussion – Student B

- What do you think about what you read?
- How much do you care about your weight?
- Why does the fashion world want models who are so skinny?
- What do you think of modeling agencies?
- What experience do you have with losing weight?
- Should modeling agencies stop pressuring models to lose weight?
- What can models do to protect themselves from agencies?
- What health advice do you have for models?

## Spelling

- get down to a very unhealthy iehwtg
- the 'International InrouJa of Eating Disorders'
- the first study to tsvtagnieei the link
- uprseers from modeling agencies
- ciienicsft proof
- in the modeling tydsurni
- linporaeossf female models
- a very unhealthy eiflsleyt
- They siekpdp meals
- heart agmdae
- organ efriaul
- public health ussise

### Answers – Synonym Match

|      |      |      |      |       |
|------|------|------|------|-------|
| 1. e | 2. j | 3. f | 4. g | 5. b  |
| 6. c | 7. i | 8. a | 9. d | 10. h |

## Role Play

### Role A – Stress

You think stress is the biggest problem for models. Tell the others three reasons why. Tell them why their problems aren't as bad. Also, tell the others which is the least problematic of these (and why): sore feet, uncomfortable clothes or health problems.

### Role B – Sore Feet

You think sore feet is the biggest problem for models. Tell the others three reasons why. Tell them why their problems aren't as bad. Also, tell the others which is the least problematic of these (and why): stress, uncomfortable clothes or health problems.

### Role C – Uncomfortable Clothes

You think uncomfortable clothes is the biggest problem for models. Tell the others three reasons why. Tell them why their problems aren't as bad. Also, tell the others which is the least problematic of these (and why): sore feet, stress or health problems.

### Role D – Health Problems

You think health problems is the biggest problem for models. Tell the others three reasons why. Tell them why their problems aren't as bad. Also, tell the others which is the least problematic of these (and why): sore feet, uncomfortable clothes or stress.

## Speaking – Model problems

Rank these with your partner. Put the biggest problems models have at the top. Change partners often and share your rankings.

- |                   |                         |
|-------------------|-------------------------|
| • stress          | • too long hours        |
| • sore feet       | • lack of sleep         |
| • skin problems   | • competition for work  |
| • not enough food | • uncomfortable clothes |

### Answers – True False

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| a | T | b | T | c | T | d | F | e | F | f | F | g | F | h | T |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|

Answers to Phrase Match and Spelling are in the text.