



of whom engage in “fat talk” regularly and 29 percent of whom “fat talk” on a very frequent basis.

Fat talking has no correlation with actual body weight or body mass index, she said. Those most prone to fat talking also show high levels of body dissatisfaction, eating disorders, body shame, body surveillance, thin ideal internalization and appearance comparison.

“When you're living in a culture like this, you tend to internalize it and take a third-person objective view of yourself,” said Engeln-Maddox. “When you're walking down the street, you're imagining yourself from the perspective of someone else looking at you.”

She encourages women to think about their bodies “in terms of what it does, not what it looks like,” valuing body parts in terms of their flexibility, strength and endurance instead of skinniness or prettiness.

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