# My experience with anorexia

The Fashion Industry and Eating Disorders
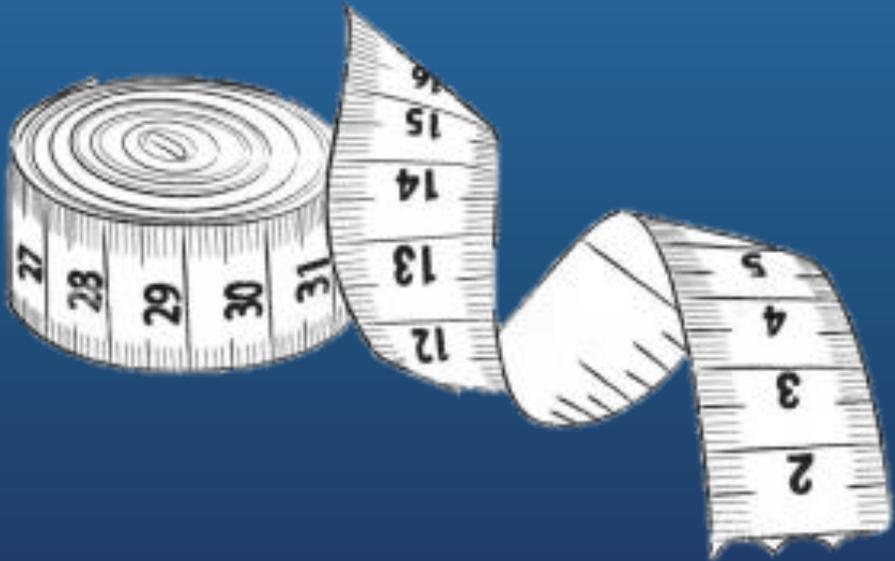
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THE **FASHION INDUSTRY** AND **EATING DISORDERS**

THE DANGERS OF THE CATWALK

NIKOLETT BOGÁR AND **FERENC TÚRY**

Results

Age	17–31 years	20.4±2.94 years
Height	173–184 cm	177.94±2.04 cm
Weight	46–58 kg	51.33±3.26 kg
BMI	14.2(!!)–19.3	16.21±0.72
Hips	86–95 cm	90.03±1.63 cm

Results

5%
n=3
Formerly diagnosed

Asymptomatic
18%
n=10

74%
n=40
**Anorexia-like
symptomps**
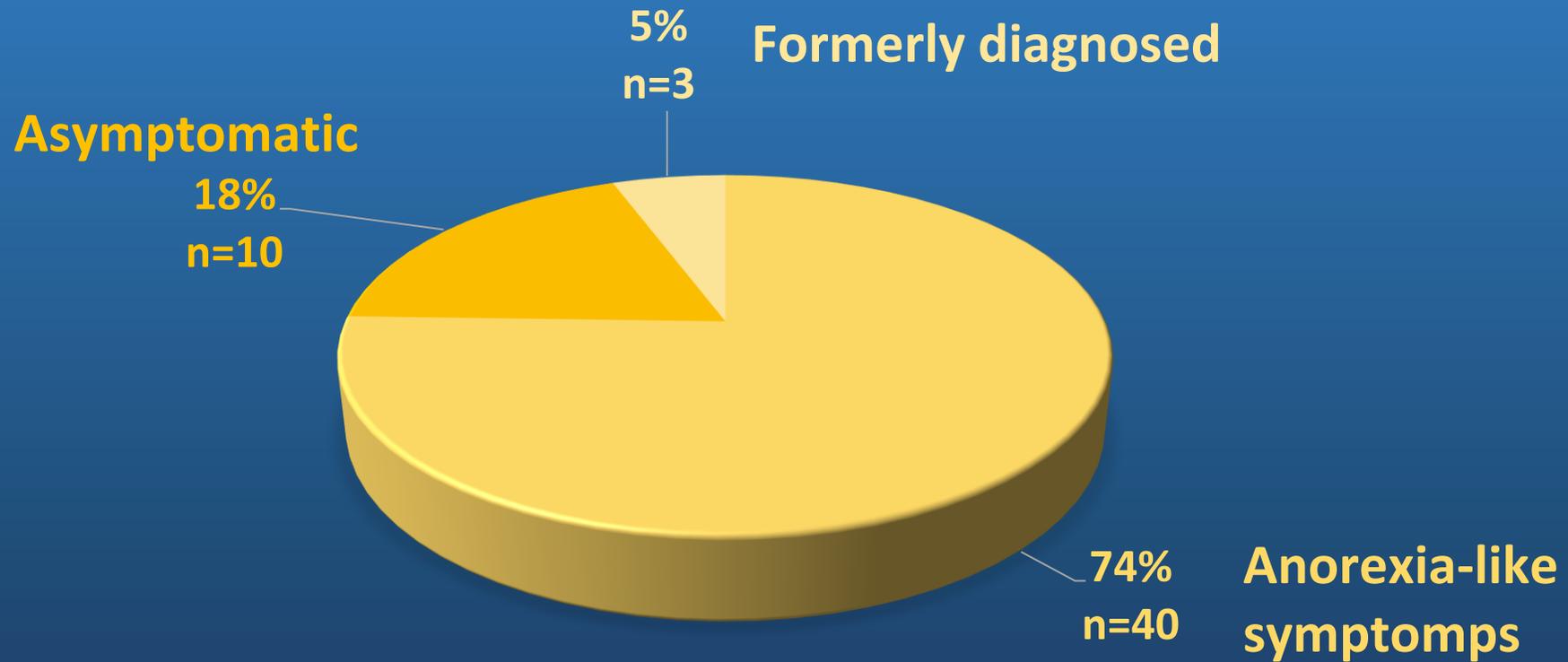
What difficulties were you facing at the beginning of your career?

"I had to lose 15 kg in the beginning to even start it. I did. I was working out every day for 2 hours."

"[…] industry professionals (stylists, casting directors, designers) who felt entitled to make comments about my body, I took it upon myself to assume I wasn't good enough."

"Since I've been a little child I was always skinny and had really long legs."

Is it easy to maintain your measurements?

"The size requirements of the fashion industry are really hard to maintain, no one is truly made to be size 0."

"I lost my period for four years."

"It depends on the body type I guess, some people can eat and drink anything without putting on weight."

Have you ever followed any special diet to meet the right measurements?

"I made sure to avoid salt and carbohydrates and I used laxatives to look my best for the show seasons."

"Another one started to eat pineapple all day every day. The more weight she lost, the angrier she got."

"There definitely were some strictly celery days for me before Fashion Week."

"I've never starved myself because my health has always been my priority."

What insecurities have you experienced?

"I've been suffering a lot because of this, I've been unhappy all the time."

"I did judge myself all the time. Everyday. Even when I lost the weight down to 45 kg (I'm 5,11') I still thought that I was fat."

"I was constantly anxious."

What do you think about the size requirements of the fashion industry?

"It's insane that women are forced to starve themselves to be able to have size zero."

"I'd really like to see less of the 'dead girl' look."

"Simply unattainable and complete lack of femininity."

What kind of relationship did you have with your agents?

"They only saw me as a body."

"I remember walking into the agency one day and being told, exactly that I must drink butter for water, because I was a mess."

"They truly cared about my well being, which has been such as asset and a comfort even now, as I continue to heal."

Discussion

1. The average BMI of the models is under 18.5 (as previously shown in other studies).

2. Four models have AN and one has BN.

3. Two third of the models have some ED symptoms.

4. Agents and designers highly influence the self–perception of female models.

5. In the cases of models who became anorectics during the model career, the role of the agents and designers can be regarded as not only cultural supression but as a **psychological abuse**.

Conclusion

The increasing and constant demand for thinness potentially generates a high risk for development of an eating disorder among models in the fashion industry.

Thank you for your attention!