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AED Applauds Ashley Judd's Criticism of the Mass Media's Attention to Women's Bodies and Appearance

DEERFIELD, Ill. (April 16, 2012) - The Academy for Eating Disorders (AED) applauds actress Ashley Judd's article in *The Daily Beast*, published April 9, in which she speaks out against media scrutiny of women's weight and appearance. In her article, Judd draws from her personal experience to criticize the unrelenting objectification of the female body manifest in the media that "affects each and every one of us, in multiple and nefarious ways: our self-image ... our sense of worth, value, and potential as human beings."

The mass media's influence on girls' and women's body image has been widely documented as contributing to the unfortunate normative discontent that too often characterizes women's relationship with their bodies. Evidence also supports that body dissatisfaction and the internalization of media-promoted appearance ideals elevate risk for eating disorders among young women. Thus, as a global professional association committed to leadership in eating disorders research, education, treatment, and prevention, the AED emphatically supports the call for relieving girls and women of appearance-related pressures and instead focusing media attention on their humanity, achievements, and contributions to the world.

About AED
The Academy for Eating Disorders is a global and trans-disciplinary professional organization with more than 1,500 members from 47 countries worldwide. AED provides educational resources and platforms for professional dialogue, training, and collaboration through its publications, including the *International Journal of Eating Disorders*, annual International Conferences on Eating Disorders, clinical teaching days and other programs. Visit www.aedweb.org for more information.

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