

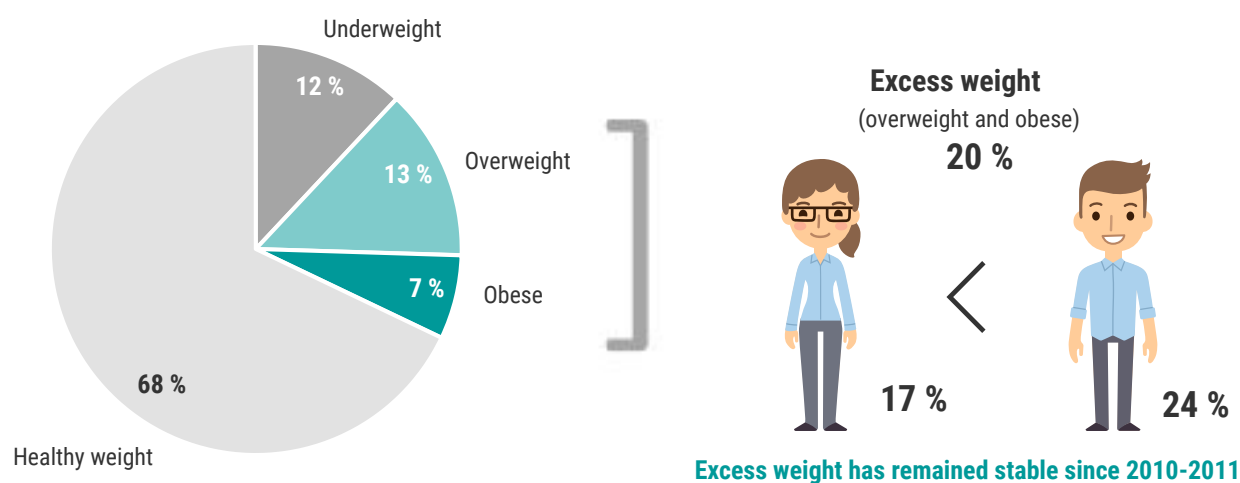


ARE TEENS SATISFIED WITH THEIR APPEARANCE?

Direction de santé publique de la Montérégie

Data presented in this document pertains to high school students from grade 7 to 11 in the Montérégie. It was compiled from the cycle 2 section of the Québec Health Survey of High School Students (QHSSES), carried out by the Institut de la statistique du Québec in 2016-2017. Click [here](#) to learn more about this survey.

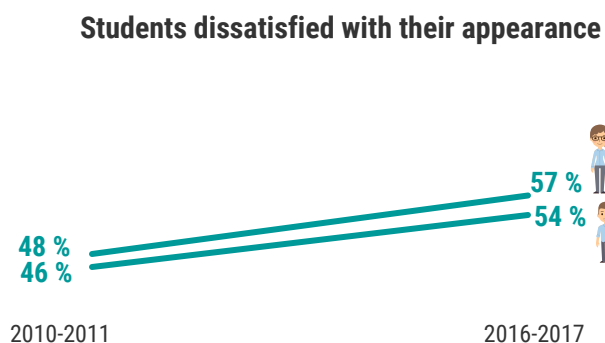
Weight at a glance



More than half of students are dissatisfied with their appearance

Around 56 % of teens are dissatisfied with their appearance and it concerns girls as much as boys (57 and 54 %).

This is a significant increase over the past 6 years.

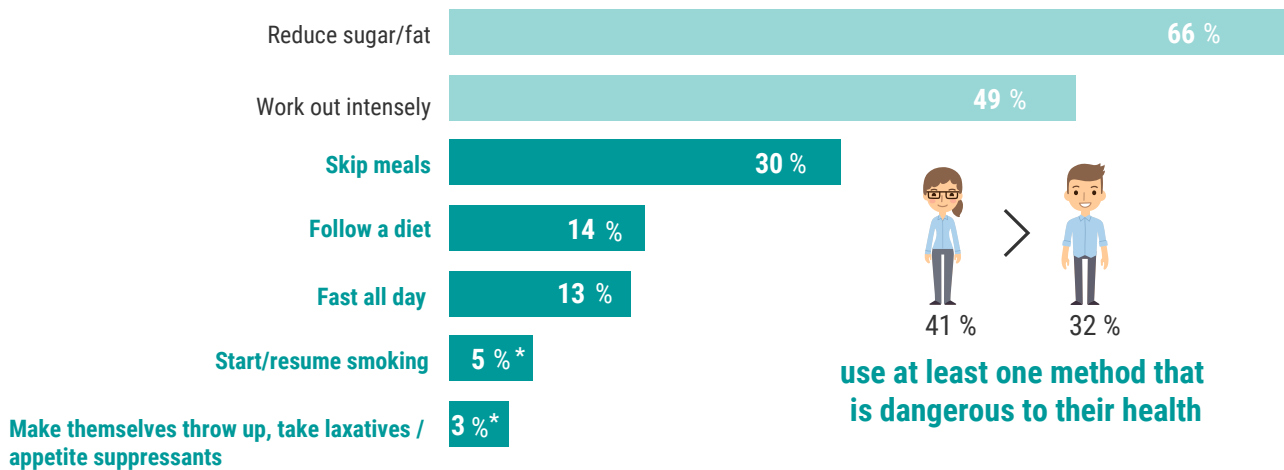


A concerning fact : among students whose **WEIGHT IS NORMAL** (68 %), almost half are **DISSATISFIED** with their appearance.

Methods used by teens to ...

✓ LOSE OR CONTROL THEIR WEIGHT

Slightly more than half of teenagers (52 %) want to lose weight or control their weight; the proportion is higher among teenage girls than boys (64 vs. 41 %).

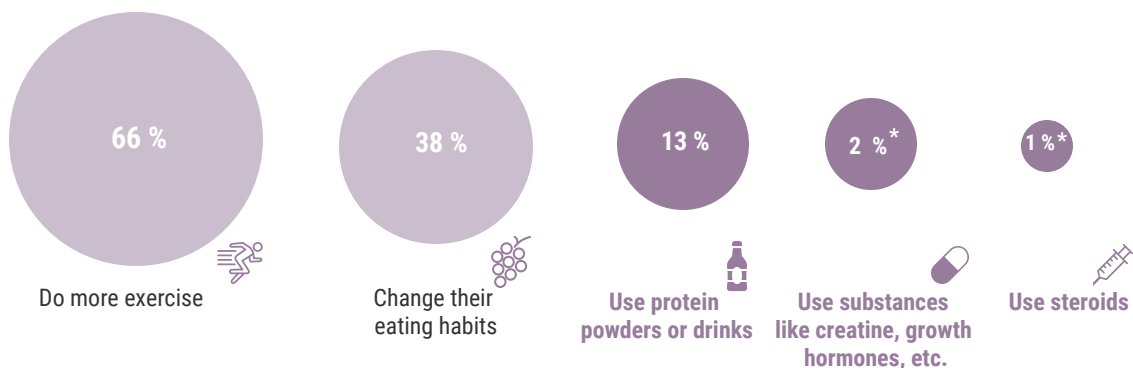


✓ INCREASE THEIR MUSCLE MASS

Around 71 % of students tried at least one method for increasing muscle mass. Interestingly, this is true for both boys and girls.

This can be explained by the growing attraction among teens to indoor training and various programs (e.g., CrossFit, Bootcamp, etc.).

Most teens are exercising more (66 %) and changing their eating habits (38 %) to increase their muscle mass. However, even the use of unhealthy methods is less common, it is still important to consider. For example, just over one student in ten use protein powders or drinks (13 %), and significantly more boys than girls (19 vs. 8 %).



* Interpret data with caution

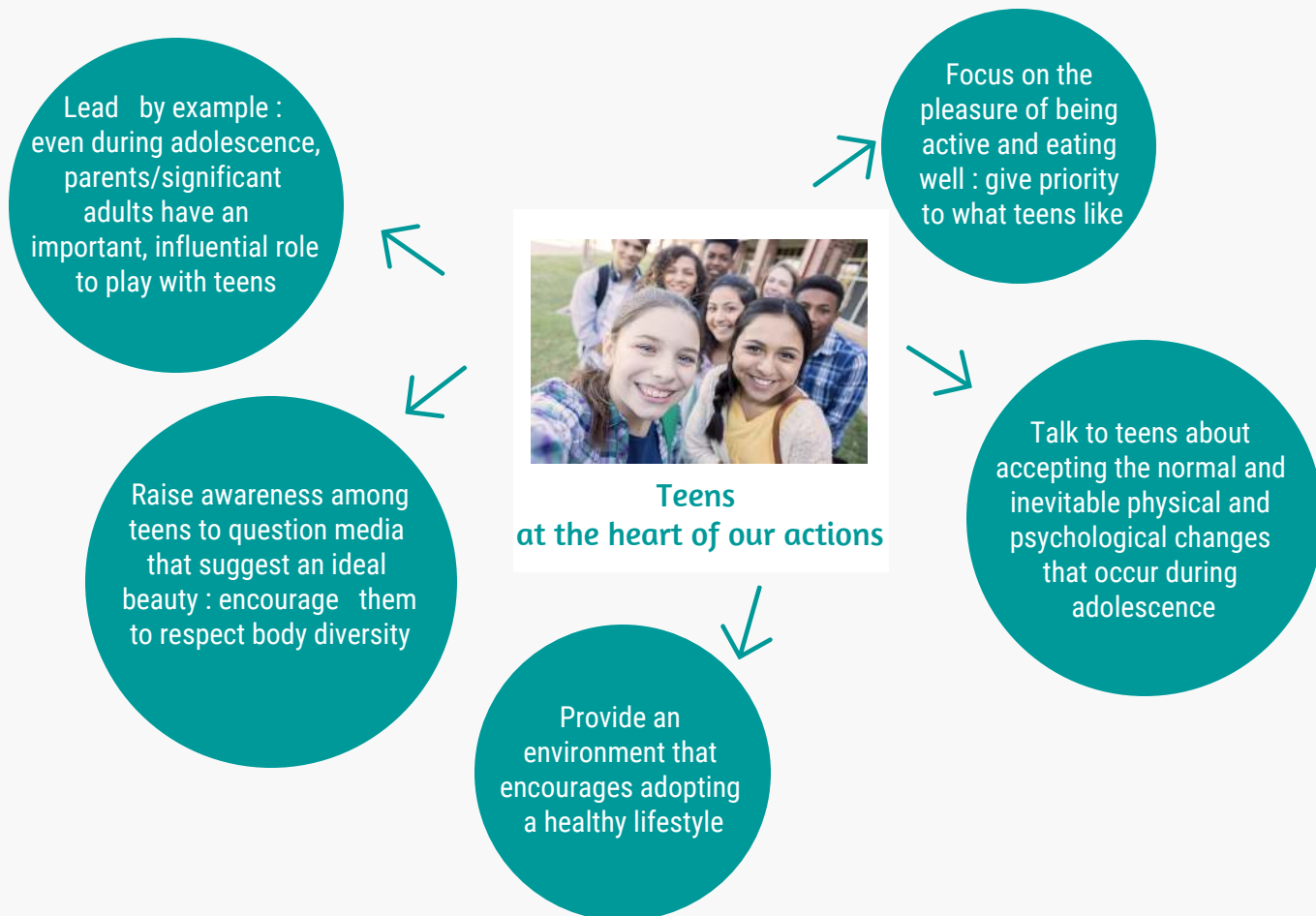
A portrait of high school students in the Montérégie, Body Image

Reminder

Adolescence is a time of many physical and psychological changes. In a time when the media is pervasive and constantly suggesting what ideal beauty looks like, it is not surprising that more than half of teenagers say they are dissatisfied with their appearance.

Despite this dissatisfaction, fortunately the majority of teens use healthy methods. The fact remains that a significant number of them opt for methods that are dangerous to their health (skipping meals, taking supplements, etc.). It is therefore important to work with all teenagers, both girls and boys, regardless of their living environment.

What can the **FAMILY**, **SCHOOL** and **COMMUNITY** do?



For more examples for parents, consult the Toolkit section on the enmodeado.ca website.

For data by territory (only available in french), click [here](#).

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GLOSSARY

Methods to increase muscle mass

Methods use "often" or "sometimes" by students in the past six months to increase their muscle mass.

Methods to lose or control weight

Methods used "often" or "sometimes" by students in the past six months who want to lose or control their weight.

Weight

Weight is calculated based on two pieces of information provided by students: their weight and height. Body mass index (BMI) is the most common way to evaluate the weight of an individual in health surveys. The results of the QHSHSS do not refer to measured data (weighed), but to data declared (perceived) by the students themselves. The students' weight is presented based on four categories: healthy weight, underweight, overweight and obese.

Appearance satisfaction

Satisfaction regarding appearance is the indicator used to analyse the concept of body image. It refers to the difference between actual appearance and desired appearance. If a student identifies a different body image between what is "real" and "desired", they are considered dissatisfied with their appearance. These results do not correspond to the students' weight or other characteristics such as hair or eye colour, etc.

* Data to be interpreted with caution.

>< Significantly higher or lower than the value presented for comparison.

↕↔ Significant increase or decrease between 2010-2011 and 2016-2017
