

Essay: Eating disorders among teenagers and the role of influencers

Social media influencers significantly impact teens' eating habits, often contributing to diet-related disorders. Many influencers promote unrealistic beauty standards and fad diets, which can lead to body dissatisfaction and unhealthy eating behaviors. Teens may try extreme diets or weight loss products endorsed by influencers, risking disorders like anorexia or bulimia. Constant comparison with idealized images can lower self-esteem and increase anxiety around food and body image. However, some influencers also spread positive messages about body acceptance and balanced nutrition. To reduce harm, it is essential to promote media literacy, encourage following qualified health professionals, and support teens in building healthy self-images. Overall, influencers hold powerful sway over teen behavior, making their messages especially influential in shaping diet-related decisions.