

## The Eating Issues and Body Image Continuum

This continuum represents the range of eating behaviors and attitudes toward food and body image. Most healthy people function in the two categories on the far left that reflect high self-esteem and physical health: "Concerned Well," and "Not An Issue." However, individuals can move from one category to another depending on changes that occur in their self-esteem and attitudes toward food and body image. An individual can be in one category for food and another for body image. Also, an individual can exhibit some, but not all, characteristics within a category.

