Health Is More Than...
What you see

Social media algorithms are powerful.

The more we engage with dieting, fitness, and other health-related content, **the more we see it**, making it appear that everyone is engaging in these behaviours.
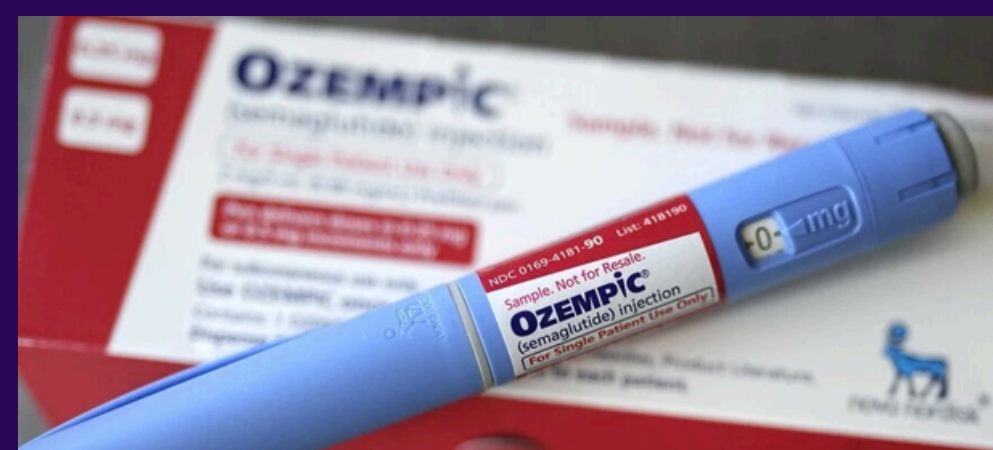
What we see:

The reality:

Unhealthy relationship with food

Heavily edited photos

REAL   FAKE

Use of GLP-1 drugs with harmful side effects

Extreme Dieting & Exercise habits

34 CALORIES

For more information, scan the QR Code

- Social media platforms are filled with health, wellness, dieting, and fitness content, such as **"what I eat in a day"** posts, trending diets, ads for wellness products, fitness content, and so much more. It can be easy to fall into the trap of **comparing ourselves to this content.**
- It is important to remember that much of what we see on social media is **not real.** Users often apply filters, editing software, and pose in certain ways in photos to change their appearance and fit ideal health and beauty standards.
- Find ways to create a **safer social media feed**. Follow people who inspire you, make you feel good, and promote confidence and acceptance. **Unfollow those who make you feel bad about yourself and cause harm**.

If you see this poster, snap a picture and tag us! @the_nedic

Eating Disorders Awareness Week #EDAW2026