

Body Dissatisfaction and Weight Bias in Childhood to Adolescence



Understanding the Impact on Eating Behaviours and Implications for Dietetic Practice



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1pm - 2pm

Dr Kanita Kunaratnam

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Dr. Kanita is a leading dietitian, researcher, and educator with over 25 years of experience across Australia and Singapore. Her work focuses on nutrition, eating disorders, body image, and community health.

Synopsis

Body dissatisfaction and weight bias often begin early in life, influencing eating behaviours, mental health, and the risk of disordered eating.

In this webinar, Dr. Kanita will share key insights from her scoping review presented at the 2026 ESPGHAN Annual Meeting (France), highlighting how family, peers, media, and weight stigma shape young people's relationships with food and body image.

Learn practical, evidence-based strategies to:

- Recognise and reduce weight bias
- Foster positive body image
- Support healthy relationships with food
- Improve nutrition practice in clinical, community, and public health settings



Please click to Register

1 CE Point

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