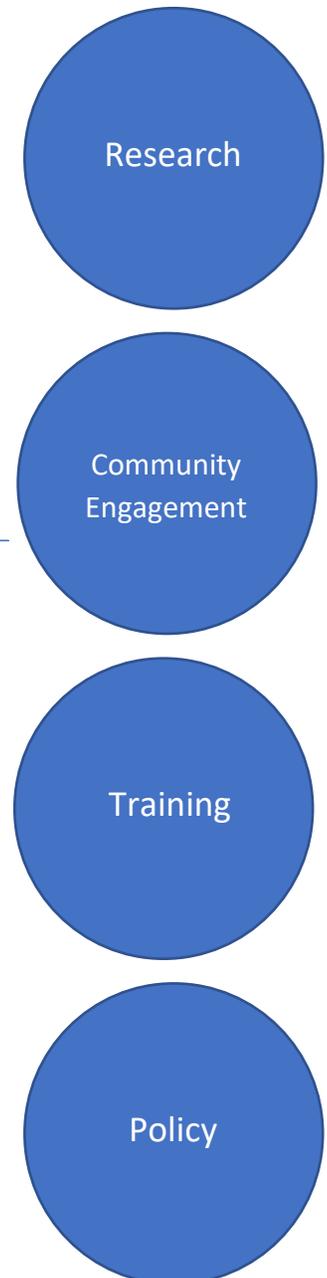


Core Components



Assumptions

- Societal standards for appearance are derived from systems of oppression
- Body image development occurs across the lifespan
- Negative body image poses a major burden for individuals, families, and communities
- Interdisciplinary prevention science can help reduce the societal burden of negative body image through multi-level intervention and training
- Positive and/or neutral body image promotes safety, resilience, health, and wellness
- Society and institutions profit from negative body image in various ways
- Intersectionality, critical race theory, and other sociological and psychological theories inform effective research and practice
- Evidence-based practices are preferred over untested or ineffective practices
- Community relationships are necessary to effect sustainable change
- Diverse and innovative quantitative, qualitative, and mixed methods (e.g., community-based participatory research, digital storytelling) are necessary for rigorous research
- Policymakers are responsible for inclusive policy

Core Values

- Everyone deserves to feel neutral and/or positive in their body
- Using language that does not reflect systems of oppression and marginalization is fundamental to inclusive, meaningful, and impactful scholarship and practice
- Inclusive scholarship and policy are imperative for improving body image, thereby improving health and well-being
- The optimal way to effect lasting and meaningful change is by interdisciplinary multi-system intervention
- It is vital to account for relationship with oneself and with others in body image scholarship, education, and training
- Clinically and statistically significant improvements in body image, health, and well-being are developed and informed by ongoing, innovative, rigorous scholarship and policy

Vision

CBIRP envisions a body of scholarship and policy that defines body image holistically by including phenotypic characteristics beyond weight/height. CBIRP affiliates contribute to this scholarship by working to improve body image, health, and wellness for individuals, families, and communities.

Aims

1. To understand body image as it relates to health and well-being.
2. To produce innovative, rigorous research that leads to the development of and/or tests the efficacy of:
 - a. Interventions,
 - b. policy, and
 - c. education and training curricula.

