Eating disorders have recently become a very prominent affliction in the United States over the past couple of years (this article was written in 2000... do you mean at the end of the 90's?) and this condition has continued to develop over many generations (do you mean it developed over many generations?). Susan Haworth-Hoeppner set out to find the underlying causes of these types of diseases by interviewing 32 white, middle class women between the ages of 21 and 44 about the history of their eating disorder. Half of the women were self-diagnosed with an eating disorder and the other half were medically diagnosed (Haworth-Hoeppner 2000:214). She found that a mixture of four conditions within one's household contributed to the onset of eating disorders, and that family and culture play a very large role.

Many of the women talked about experiences that they shared with their family and, whether it was through their mother or their father, most shared how their parents had a negative effect on their body image, which ultimately brought on the eating disorder. Firstly, parental critique was a common response. Several women told stories of how they felt constantly judged from their parents in one way or another. They were told that something on their body wasn't acceptable and their weight and appearance was always being condemned.

Secondly, some parents looked to abuse to enforce a particular ideal upon their children. Through yelling, hitting, surveillance, conversational dynamics, and the use of excessive rules, many young women felt inadequate and thus developed a hatred for food (Haworth-Hoeppner 2000: 216).

The third condition which leads to eating disorders is a type of abandonment. It is essentially the feeling that you are unimportant or unnecessary to your parents. Showing signs of sadness or distress didn’t engage parents, but rather forced the women to overcome their problems alone.

The last category is the overall opinion of weight in the household. Some women were raised to believe that being fat is absolutely unacceptable. Their families would describe overweight people as "lazy" or simply "not concerned with their health". Growing up in a home where this type of idea is constantly projected creates a woman that consistently questions her appearance.

The key concept described through this article is that family has an incredibly large impact on women's view of themselves and their bodies. In my opinion, it's only natural for someone to follow the ideals of their family because those are the people that you trust and love most. The true problem exists within our culture as a whole. We have over publicized (over-emphasized?) the idea of being super skinny very thin in order to be beautiful, live happily, and generally succeed in life. Through various types of media including television, music, and movies, girls grow up with the "ideal beauty" as being thin and in shape. In order to lower the cases of eating disorders, our culture needs to reinvent beauty. It needs to Americans should celebrate the uniqueness of people, especially because that is what America is truly about in the first place (reword this e.g. "because individuality is highly valued in the United States" or something like that). By changing that, people will grow up with a different opinion on weight and will be less likely to make hurtful comments towards their children or expect a certain physical trait out of them.