Annotated Bibliography


The authors of this study looked at the relationship between adolescents and their peers influence on them regarding unhealthy weight control. Unhealthy weight control was defined as peer influence in the use of fad diets, non-eating, using excessive exercise, laxatives and self-induced vomiting. They concluded that peers have a significant impact on their counterparts when it comes to weight control and healthy eating patterns.


The researchers looked at over 1,000 adolescents and whether their previous attempts to avoid unhealthy food would influence future intentions. The adolescents in the study were more likely to continue trying to make healthy choices, even when first attempts failed. They were asked to eat more fruits and vegetables, those that attempted to eat more were also more likely to cut out sugary drinks. The authors concluded that healthy eating campaigns are more likely to succeed if they are consistent and continued.


The authors in this study looked at how food affects adolescents view of their ability to fit in. They looked specifically looked at school lunches and if branding played in part in perceptions. They developed questions for focus groups with teens aged 13-19. They found that the teens attached values and meanings to certain foods and how their peers reacted when they brought those foods in their lunch. One example is given where a girl is laughed at because she brought yogurt and a metal spoon from home. Her peer group stated that the spoon was the funny part and therefore she
did not bring yogurt from home after that encounter. The authors wanted to bring attention to the fact that peer influence can contribute to unhealthy body image and eating patterns.


The authors of this study looked at the relationship between healthy eating, being active and lowered risk of cardiovascular disease in adolescents. they concluded that there is a positive correlation between all three things.