



# Body Positivity & T1D: The Relationship Between T1D and Body Image

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PRESENTED BY:  
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FOUNDER & DIRECTOR OF D-DANCE INC.

# Welcome and Hello 😊

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It is SO WONDERFUL to meet all of you!

## WHO AM I?

- ❖ Dr. Deanna Paolantonio (Ph.D), Founder and Director of D-Dance Inc.
- ❖ A long time lover and teacher of movement in all its forms
- ❖ Doctor of Dance Studies
- ❖ Proud Person Living with Type One Diabetes (Est. April 18, 2014)

Put all of those things together and...



YOU GET ME!!!!

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DEANNA the...

DIABETIC

DOCTOR OF DANCE





# WHY BODY IMAGE?

## WHY T1D?

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- ❖ T1D PRESENTS A CHALLENGE THAT IS ROOTED IN THE BODY
- ❖ T1D CHANGES THE RELATIONSHIP A PERSON HAS WITH THEIR BODY IN A SPECIFIC WAY
- ❖ HAVING A POSITIVE RELATIONSHIP WITH THE BODY IS INTEGRAL TO CONTINUED MANAGEMENT
- ❖ IT'S THE EMOTIONAL SIDE OF LIFE AS A T1D
- ❖ IT'S THE THINK I STRUGGLED WITH THE MOST...I WANTED TO HELP





# I Wrote and Researched All About It...

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## “WORK IT OUT: THREE CASE STUDIES EXAMINING DANCE AND GIRLS’ BODY IMAGE IN EARLY ADOLESCENCE”

- ❖ **MY GOAL:** To find out how/if dance can be used to foster **POSITIVE BODY IMAGE** in students
- ❖ One of my case studies focused solely on **T1D in the dance classroom...**
  - How does a chronic illness affect girls’ relationship to their bodies?
  - How do they understand their illness and its role within the dance studio setting?
  - What can be done to assist them in making the dance class an equitable and safe space for them?

## THE RESULTS OF THIS RESEARCH LEAD TO...

1. Founding D-Dance Inc. and establishing its curriculum
2. The development of a model for approaching Body Image – USING THE 3 B’s OF BODY IMAGE



# WHAT WE WILL LEARN...

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- ❖ WHAT IS BODY IMAGE....REALLY?
- ❖ WHAT DO WE NEED TO PAY ATTENTION TO IN REGARDS TO BODY IMAGE? (THE 3 B's)
  - BODY FUNTIONALITY
  - BELONGING
  - BODY-BASED AESTHETIC IDEALS
- ❖ HOW CAN WE APPROACH THE RELATIONSHIP A T1D HAS WITH THEIR BODY?
- ❖ OVERALL, HOW DO YOU RELATE TO YOUR BODY WITH OR WITHOUT T1D? HOW CAN YOU TAKE THIS INFORMATION AWAY AND USE IT?





# LET'S MOVE!!!!

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**THROUGHOUT OUR SESSION TODAY  
YOU ARE GOING TO PUT THE 3 B's OF  
BODY IMAGE TO THE TEST...THAT  
INCLUDES MOVING!**

**PAY ATTENTION TO...**

- ❖ **YOUR INNER DIALOGUE**
- ❖ **HOW IT CHANGES THROUGHOUT  
THE SESSION**

**THIS IS SUPPOSED TO BE FUN SO...**

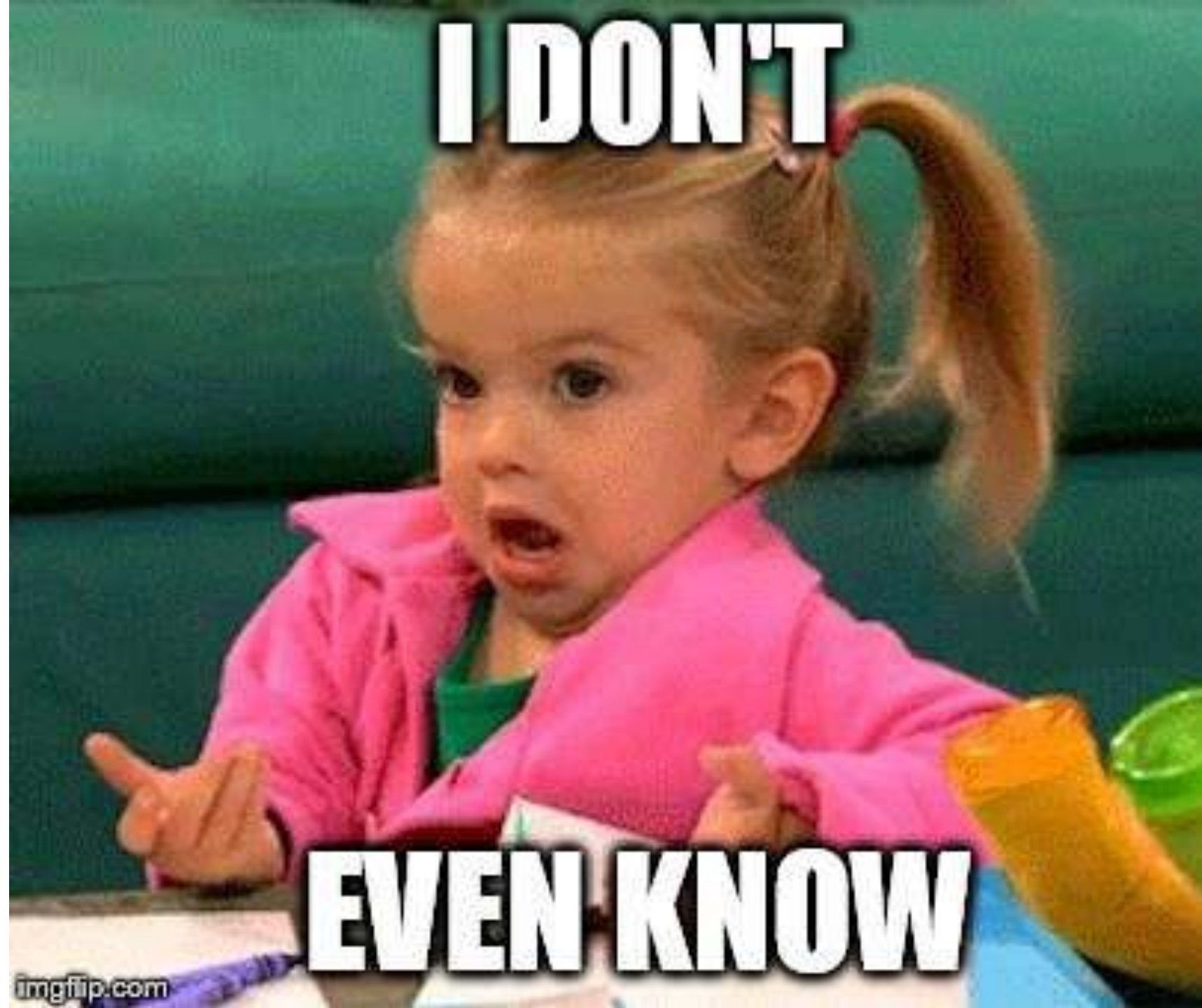
**RELAX. MOVE. AND WHEN IN  
DOUBT...SHAKE ABOUT 😊**



# WHAT IS BODY IMAGE?

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- ❖ HOW DO YOU DEFINE IT?
- ❖ WHAT DO YOU THINK IS MOST IMPORTANT?
- ❖ IS THERE ONE ANSWER?





# HOW DID I DEFINE BODY IMAGE?

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THERE ARE TWO DISTINCT WAYS I SAW AND UNDERSTOOD BODY IMAGE...

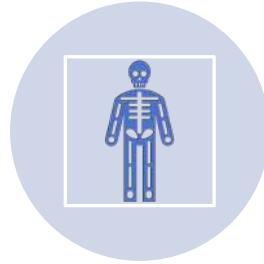
As both **physical** and **emotional** with an “**outside view**” and an “**inside view**” influencing how a person feels about their body and by extension themselves (Cash 1990).

- **outside view** – focuses on physical characteristics and the ways that human appearance affects a person’s life.

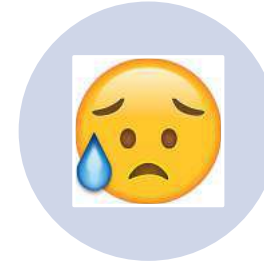
- **inside view** – acknowledges that body image can also be influenced by self-perceptions not rooted in reality. (Cash 2004)



# THEREFORE, BODY IMAGE IS...



ROOTED IN THE WAY  
A PERSON FEELS  
ABOUT THEIR BODY  
OR BODY PARTS.



THIS MAY OR MAY  
NOT BE REALITY  
(I.E. EMOTIONALLY  
CHARGED)



FEELINGS ABOUT  
ONE PART OF THEIR  
PHYSICAL BODY MAY  
NOT TRANSLATE TO  
OVERALL NEGATIVE  
OR POSITIVE  
FEELINGS ABOUT  
WHO THEY ARE OR  
WHAT THEY CAN OR  
CANNOT DO



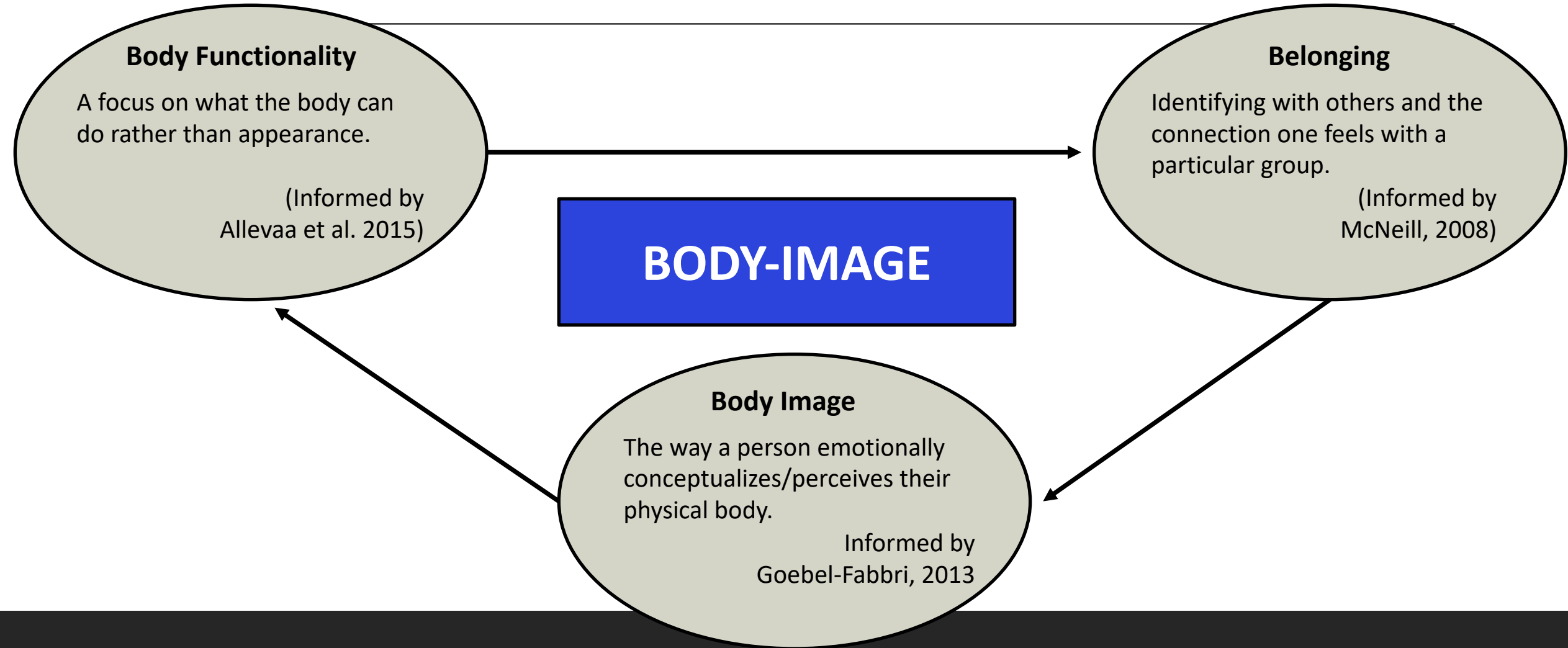
# LET'S APPLY THIS IDEA TO T1D...

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- ❖ WHAT ASPECTS OF LIFE WITH T1D COULD INFLUENCE HOW A PERSON VIEWS THEIR BODY?
- ❖ HOW WOULD PHYSICAL ASPECTS OF T1D INFLUENCE BODY IMAGE?
- ❖ "INVISIBILITY" OR NOT?



# The Positive Body-Image Model





# BODY FUNCTIONALITY & T1D

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- ❖ About appreciating what one can do with the body over appearance.
- ❖ Take a moment to Body Brainstorm – T1D TECH
- ❖ HOW MIGHT ACHIEVING BODY FUNCTIONALITY BE COMPLICATED WITH T1D INVOLVED?



# BODY FUNCTIONALITY RESEARCH FINDINGS



**T1D PERSPECTIVE:** *“I had a really bad low during rehearsal and I had to stop dancing. It was really upsetting for me.”*



**SCHOLARLY PERSPECTIVE:** *“Like any other resource, self-esteem can be built up, but when used, it is lost. Here, the reservoir of self-esteem is filled up by successful self-verification and used up when the self-verification process is disrupted.”* (Cast and Burke 2002)



**WHAT DO YOU THINK?**



# MOVEMENT BREAK!!!!

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LET'S GET UP AND GET  
MOVING AGAIN...READY?



# BELONGING & T1D

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- ❖ FINDING A CONNECTION WITH OTHERS THAT IS ROOTED IN A SHARED EXPERIENCE, LIKE, OR ACTIVITY
- ❖ FOR THIS PROJECT THE ACTIVITY WAS DANCING AND THE JOINING FACTOR WAS T1D
- ❖ HOW MIGHT T1D INFLUENCE BELONGING IN A SOCIAL SETTING? IN A CLASSROOM?



# BELONGING & T1D RESEARCH FINDINGS

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**T1D RESEARCH PARTICIPANT:** *“Oh you must have eaten a lot of sugar and that’s why you’re so sick now.”*

**T1D RESEARCH PARTICIPANT:**  
*“Some people say I don’t look diabetic because I’m not fat enough. People always think that diabetes means that you are fat.”*

**T1D RESEARCH PARTICIPANT:** *“This one teacher at school thought I had to, like, sit out of soccer and gym because of my diabetes. It’s like she thought I was just gonna fall over and die in class or something. I was like, “Uh, no, I can play.” So annoying!”*





I LIKE TO  
MOVE IT,  
MOVE IT!!!

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# BODY-BASED AESTHETIC IDEALS

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- ❖ THE WAY A PERSON EMOTIONALLY CONCEPTUALIZES THEIR PHYSICAL BODY
- ❖ HOW COULD WEARING A PUMP EMOTIONALLY IMPACT A T1D?
- ❖ HOW COULD USING AN INSULIN PEN IMPACT A T1D?
- ❖ HOW DOES THE TERM/LABEL OF T1D INFLUENCE A PERSON?

# BODY-BASED AESTHETIC IDEALS & T1D RESEARCH FINDINGS



**T1D PARTICIPANT PERSPECTIVE:** *“Going on the pump made a big difference for me because it made me more able to control my blood sugars. I stopped having so many lows in dance class, which was really good.”*



**T1D MOM PERSPECTIVE:** *“Amanda chose to wear a pump because of how many lows she had been having and because she knew how worried her dad and I were. She made the decision very reluctantly mainly because wearing a device made her feel like a ‘robot’ and not a dancer.”*



Choice of **PERFORMANCE** over **AESTHETICS**



Social Media – and Burnout



MOVING –  
ONE MORE  
TIME!!!

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# BODY TALK

## BRINGING IT ALL TOGETHER

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- ❖ T1D IS A CHALLENGE THAT WE RISE TO PHYSICALLY AND EMOTIONALLY EVERY DAY
- ❖ ALL 3 OF THE B's IN THIS MODEL CONTRIBUTE TO CULTIVATING A POSITIVE BODY IMAGE
- ❖ HOWEVER, A 3 ARE DIFFICULT TO SATISFY AT ALL TIMES
- ❖ WHAT CAN YOU DO?
  - Pay attention to what you or the T1D you love is struggling with...brainstorm about it and focus in
  - Too many factors at once = BURNOUT
- ❖ BE CAREFUL ABOUT SOCIAL MEDIA CONSUMPTION
- ❖ TAKE OPPORTUNITIES TO CONNECT WITH THE COMMUNITY IN WAYS THAT MAKE YOU OR YOUR T1D LOVED ONE COMFORTABLE
- ❖ BREATHE!!!! YOU CAN DO THIS 😊

# THANK YOU SO MUCH!!!

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- ❖ ANY QUESTIONS? PLEASE ASK!
- ❖ TO CONTACT: [ddanceinc@gmail.com](mailto:ddanceinc@gmail.com) or [www.d-dance.org](http://www.d-dance.org)
- ❖ TO KEEP IN THE D-DANCE LOOP: Follow us on Instagram @ddance\_inc

