

Join us for the Fitwize

Nutrition Session

Friday, April 26

4 to 5 PM!



This month we are going to discuss the influence of social media on our nutrition knowledge. We will talk about what we hear on YouTube (and other platforms) and how to determine if what we hear is true.

Fitwize Newsletter

April 2019

The Influence of Social Media

By Stephanie Mull, MS, RD, CSSD, CSCS

Social media has become one of the primary places we hear information. On Instagram, we see pictures of food, meals and people's bodies. We identify what they do with what we see. On Facebook we are given opinion after opinion about the way to eat and train to achieve a certain result. On YouTube, people post videos on all sorts of topics. Regardless of the platform, you need to consider the source, and the question you need to ask yourself is: Is it true?

This topic originated from something a second grader told me while in the classroom doing a talk on nutrition. He said that he watched a YouTube video and that not all water was good for you. Some water is bad if it turns a certain color when you mix it with something. He wasn't good at giving me details but I knew of this video. It encourages consumption of water with a high pH level so that we could keep our bodies basic rather than acidic. Nothing in that video is supported by any science. These are ideas and opinions of others who have a certain health philosophy that they are trying to push onto everyone else.

My 5th grade son often tells me what he hears on YouTube, and a lot is about health and nutrition. We are constantly talking about these "facts" and whether they are proven by science. This month we are going to start a conversation about what we hear from others. Whether it's from talking from others or what we hear/see on social media. It's incredibly important for everyone to know whether they can believe what they see and hear. This is especially true for kids given the widespread use of social media. My goal is not to tell the kids what is right or wrong. My goal is to help them challenge what they hear and see. I want to teach them how to ask questions! This may prompt conversations at home. If you need any guidance or support on where to find credible information, or how to verify if what you hear is accurate, then please don't hesitate to reach out to me!

