# Elizabeth Day reflects on wedding photos and the rise of weight-loss injections reshaping body image culture



It was a somewhat unconventional wedding anniversary for Elizabeth Day, who recently reflected on her dual ceremonies during the pandemic. The first instance, which took place in December 2020 with just a handful of witnesses, turned out to be surprisingly romantic given the circumstances. However, it was the photographs from the second event in April 2021 that brought a more complex wave of emotions. With only a small group allowed due to COVID-19 restrictions, the celebration was marked by cold weather, with images capturing her in a cream dress, held against the backdrop of winter’s chill.

Yet, amid this celebration, it was not the joyful moments that consumed her thoughts but rather the reflection of her body, specifically the way the sunlight hit her dress and highlighted her stomach. This lingering focus on her appearance, viewed through the lens of societal expectations, was exacerbated by personal experiences of fertility struggles and the aftermath of loss. Despite her awareness that bodies, human as they are, come in all shapes and sizes, Day noted a persistent inner critic that highlighted her perceived shortcomings, particularly regarding her weight.

This enduring self-criticism resonates with many women who, despite an increasing awareness of body positivity, still grapple with the effects of societal norms that equate thinness with worthiness. It’s an ongoing battle exacerbated by the rise of modern quick-fix solutions for weight loss. Speaking openly, Day acknowledged the unsettling surge in popularity of weight-loss injections like Ozempic and Mounjaro, noting that what began as a necessity for those with diabetes has morphed into a lifestyle choice for many seeking to shed a few pounds.

The allure of these medications, which promise significant weight loss with relative ease, has prompted a debate among health professionals. Current studies suggest that GLP-1 receptor agonists, including Ozempic, may slightly lower the risk of obesity-related cancers, yet experts caution against jumping to conclusions regarding causation. There remains a palpable concern about the ethical implications and potential health risks associated with the misuse of these drugs. Reports indicate instances of falsified prescriptions and illicit online sales, raising alarms about the long-term safety and effectiveness of such treatments. Side effects such as gastrointestinal distress and potentially severe conditions like pancreatitis have been documented, though many still flock to these options in hopes of achieving an idealized body image.

Day's musings echo broader concerns about societal pressures. With celebrities widely endorsing these injections, the cultural narrative around weight loss has shifted dramatically. Fitness programs and diets are increasingly integrating these medications, indicating a significant transformation in the approach to weight management. However, the ethical concerns surrounding their commodification persist. Critics argue that normalising these injections can inadvertently trivialise the complex and often deeply personal issues surrounding body image and eating habits, particularly for those already struggling with disordered eating.

In a world increasingly dictated by visual standards, the collision of body positivity movements with the popularity of weight-loss drugs presents a challenging dynamic. As Day points out, many individuals who successfully use these medications find it difficult to reconcile their experiences with friends or colleagues who advocate for Health at Every Size. This tension underscores a broader cultural discourse that is still in flux, grappling with how best to navigate health, wellness, and self-acceptance.

Day ultimately highlights a crucial point: that self-worth should not be tethered to a numerical value on a scale or the size of one’s clothing. She advocates for a more compassionate view of beauty—one that transcends physical appearance to embrace energy, charisma, and inner resilience. In this conversation about body image and societal pressures, it is essential to recognise that the journey towards self-acceptance is ongoing, filled with complexities that many continue to navigate in silence.

As society continues to grapple with these pressing issues, it is vital to foster conversations that empower individuals to prioritise their health and well-being above any fleeting trend or societal expectation. In a world often defined by external validation, Elizabeth Day’s reflections serve as a reminder of the importance of nurturing a positive relationship with oneself, urging both women and men to challenge the pervasive narratives that have long governed perceptions of beauty.

## Reference Map:

* Paragraph 1 – [[1]](https://www.dailymail.co.uk/femail/article-14758637/Why-photo-wedding-sparked-self-loathing-ask-using-weight-loss-jabs.html?ns_mchannel=rss&ns_campaign=1490&ito=1490)
* Paragraph 2 – [[1]](https://www.dailymail.co.uk/femail/article-14758637/Why-photo-wedding-sparked-self-loathing-ask-using-weight-loss-jabs.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.apnews.com/article/3b978df38df81baeebb6adaa3d44ada4), [[3]](https://www.apnews.com/article/9df7a519d48e85f020151e291e982bea)
* Paragraph 3 – [[4]](https://www.lemonde.fr/en/science/article/2024/06/13/the-quest-for-a-slimmer-figure-is-driving-some-people-to-do-anything-to-get-their-hands-on-ozempic_6674629_10.html), [[5]](https://www.time.com/6330809/ozempic-wegovy-mounjaro-healthy/), [[7]](https://www.time.com/6973988/how-to-talk-about-weight-loss-ozempic/)
* Paragraph 4 – [[6]](https://www.reuters.com/business/healthcare-pharmaceuticals/weight-loss-drugs-draw-americans-back-doctor-2024-12-16/)
* Paragraph 5 – [[1]](https://www.dailymail.co.uk/femail/article-14758637/Why-photo-wedding-sparked-self-loathing-ask-using-weight-loss-jabs.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[6]](https://www.reuters.com/business/healthcare-pharmaceuticals/weight-loss-drugs-draw-americans-back-doctor-2024-12-16/), [[5]](https://www.time.com/6330809/ozempic-wegovy-mounjaro-healthy/)

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## Bibliography

1. <https://www.dailymail.co.uk/femail/article-14758637/Why-photo-wedding-sparked-self-loathing-ask-using-weight-loss-jabs.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.apnews.com/article/3b978df38df81baeebb6adaa3d44ada4> - A recent study involving 170,000 U.S. adults with obesity and diabetes suggests that GLP-1 receptor agonists, such as Wegovy, Ozempic, and Zepbound, may slightly reduce the risk of developing obesity-related cancers. The study found a 7% lower cancer risk and an 8% reduced risk of death from any cause among users of these medications over four years. However, the study cannot establish causality, and experts recommend further clinical investigation to confirm these findings.
3. <https://www.apnews.com/article/9df7a519d48e85f020151e291e982bea> - The rise of GLP-1 weight-loss drugs like Wegovy and Ozempic is significantly altering the U.S. diet industry. Companies such as WeightWatchers and Lean Cuisine are incorporating these medications into their programs, emphasizing the medical aspect of weight loss. Gyms and fitness centers are also adapting by offering personalized training and medical support. However, some health experts express concerns about inexperienced businesses providing these medications and the high cost associated with them.
4. <https://www.lemonde.fr/en/science/article/2024/06/13/the-quest-for-a-slimmer-figure-is-driving-some-people-to-do-anything-to-get-their-hands-on-ozempic_6674629_10.html> - The misuse of GLP-1 analogs like Ozempic, intended for diabetes management, by individuals seeking weight loss is raising safety concerns. Approximately 1.5% of French Ozempic users are non-diabetic, a number that may be underestimated. Misuse has led to falsified prescriptions, online sales without prescriptions, and cases of theft. Side effects, mainly gastrointestinal, range from mild to severe, including nausea, vomiting, and rare but serious conditions like pancreatitis. An observational study suggests a potential risk of thyroid cancer.
5. <https://www.time.com/6330809/ozempic-wegovy-mounjaro-healthy/> - GLP-1 weight-loss drugs like Ozempic, initially approved for type 2 diabetes, have become popular for weight loss and as status symbols in the U.S. This trend has led to significant profits for pharmaceutical companies and increased prescriptions. However, there is controversy over whether this trend is beneficial, as many see obesity as a chronic disease needing treatment given its link to severe health issues. Critics argue that equating weight with health can perpetuate stigma and overlook metabolically healthy obese individuals.
6. <https://www.reuters.com/business/healthcare-pharmaceuticals/weight-loss-drugs-draw-americans-back-doctor-2024-12-16/> - The use of weight-loss drugs like Wegovy and Ozempic is leading to increased healthcare utilization among Americans. Data indicates that first-time diagnoses of conditions like sleep apnea, cardiovascular disease, and type 2 diabetes have shown slight increases following the commencement of these medications. This trend is also fostering greater engagement of patients with healthcare services, including those seeking eligibility for various medical procedures. Experts remain uncertain about the long-term impact on healthcare costs, but early detection of related conditions may offer potential cost savings.
7. <https://www.time.com/6973988/how-to-talk-about-weight-loss-ozempic/> - Discussing weight loss has become increasingly complex, especially as body positivity movements clash with the growing popularity of weight-loss drugs like Ozempic and Wegovy. Individuals who have lost weight using these drugs find it challenging to share their success with friends who support the Health at Every Size movement and discourage conversations about weight loss. The use of GLP-1 drugs has spurred significant debate: some view them as revolutionary for treating obesity, while others criticize their side effects and long-term efficacy.