



APPEARANCE

OVERVIEW

The physical appearance of the human body refers to the observable surface traits, and is largely influenced by genetics. The size and shape of the body relates to the human anatomy made up of cells, tissues, organs, and systems. Although body size and shape are part of one's physical appearance, much of what makes up the human anatomy is not visible on the surface.¹

Physical appearance can be directly influenced by a number of factors including alcohol and drug use, medical health, nutrition and diet, personal hygiene, physical activity, and smoking. Routine behaviors such as regular brushing of the teeth, proper skin care, trimming of the nails, and washing of the body and clothing with soap and water represent basic steps towards maintaining a healthy level of personal hygiene that affect appearance.² Body language and other elements of personal expression such as accessories, clothing, cosmetics, and hairstyle can also be used to alter one's appearance. In turn, physical appearance can directly influence mental health including self-esteem and stress, as well as social and occupational health as it impacts interactions with others both personally and professionally.

RESOURCES

¹ <https://training.seer.cancer.gov/anatomy/body/>

² <http://www.health.gov.au/internet/publications/publishing.nsf/Content/ohp-enhealth-manual-atsi-cnt-l-ohp-enhealth-manual-atsi-cnt-l-ch3-ohp-enhealth-manual-atsi-cnt-l-ch3.7>

ADDITIONAL INFORMATION

For more information, tools, and resources about appearance, visit:

<http://www.health.com/health/gallery/0,,20555269,00.html>

<https://www.justthinktwice.gov/consequences/health-consequences-using-drugs>

<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20045536>

<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/skin-care/art-20048237>

<https://medlineplus.gov/anatomy.html>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2836431/>

<https://www.ncbi.nlm.nih.gov/pubmed/20620755>

<http://www.webmd.com/skin-problems-and-treatments/acne/features/diet-and-skin#1>

<http://www.webmd.com/smoking-cessation/ss/slideshow-ways-smoking-affects-looks>