

Basic Detail Report

Title Interview with Elizabeth Torres

Date 15 July 2025

Medium born digital audio file

Description Audio file of interview with Elizabeth Torres. She was interviewed by Elisa Torres-Baez on 15 July 2025 in Hartford, Connecticut. Elizabeth Torres was interviewed as part of the Connecticut Museum of Culture and History's Community History Project discussing moments of change in her life. Elizabeth Torres introduces herself and details her background. She went to local schools, completed her education at Eastern Connecticut State University, and was born and raised in Hartford, CT. She currently works with special needs students, which she finds to be a rewarding profession. Elizabeth talks about how she personally defines change, highlighting its significance for individual development and advancement. She thinks that change—whether positive or negative—is necessary for maturing and personal growth. Elizabeth describes important life transitions, paying special attention to her experience losing weight. She discusses the bullying she experienced in high school and college because of her weight, which inspired her to begin losing weight and finally get surgery. Elizabeth states that prior to having weight loss surgery, she had an unhealthy relationship with food. She used to gain a lot of weight because she over ate and used food as a coping method for a variety of emotions. Elizabeth talks about how obesity has affected many family members, which is a generational problem in her family. Her own problematic relationship with food

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and body image was affected by this family pattern. Elizabeth describes the steps she took to get her weight loss surgery, such as seeing different experts and having to reach a specific weight loss goal before the procedure could start. Elizabeth talks of waking up from surgery to the chaos caused by the COVID-19 outbreak that had spread to the United States. During her recuperation, this unforeseen circumstance increased her stress and sense of loneliness. Elizabeth changed her academic concentration to public health and nutrition as a result of the pandemic and her operation, which improved her understanding of her weight issues. Elizabeth's everyday life and relationships have changed significantly since the surgery. Since her weight loss, she now pays closer attention to the nutritional value of her meals and has noticed changes in how people view and interact with her. Elizabeth describes how her happiness and self-image have improved after losing weight. She appreciates the improvements she has made, feels more fulfilled, and has a positive attitude on life. Elizabeth highlights the value of patience and the process of change as she discusses the lessons she has learned along the way. She says she hopes to shield her future kids from having to deal with issues like weight and low self-esteem.

Dimensions Duration: 43 Minutes, 36 Seconds