DISCLAIMERS

- Health at Every Size (HAES®) Dietitian - diversity matters
- Intuitive Eating Counselor, which makes me pro-variety and anti-diet (but not anti-health)
- Trained in traditional medical model
- Aware of lack of lived experience in different size bodies, identify as an ally
- I intentionally use different language – examples...
- Having the conversation is important, lean in yourself and call others “in”
OBJECTIVES

- Explore sizeism and discuss weight stigma
- Understand the Health at Every Size (HAES®) paradigm
- Understand ways we can support focus on health promoting behaviors and embrace body positive culture
THE SIZE OF YOUR BODY TELLS ME NOTHING ABOUT YOUR HEALTH!
THE TERMINOLOGY

- **Sizeism** – “a form of oppression related to size” [3]

- **Weight stigma** – “...also known as weight bias or weight discrimination, is discrimination or stereotyping based on a person’s size. Weight stigma also manifests in fat phobia, the dislike or fear of being or becoming fat.” [11]
“We are prescribing to people in larger bodies, what we diagnoses as ED behavior in people in smaller bodies.”
POODLE SCIENCE

ASDAH presents: https://www.youtube.com/watch?v=H89QQfXtc-k
STIGMA CAN COME IN DIFFERENT FORMS

- Implicit
- Explicit
- Internalized
“THE PREVALENCE OF WEIGHT DISCRIMINATION IN THE UNITED STATES HAS INCREASED BY 66% OVER THE PAST DECADE”

LARGER BODIED PEERS ARE PERCEIVED AS LAZY, UNEDUCATED, LACKING IN WILLPOWER AND CONTROL, AND UNATTRACTIVE.
WEIGHT BIAS & THE HARM

- Weight bias is common and is associated with negative health consequences.
- Shaming about weight does not motivate positive behavior change.
- Internalizing weight bias contributes to negative outcomes.
- Public health messages, if not mindful can "perpetuate" weight bias.
- Weight bias is a manifestation of social inequity.
- Action on weight bias requires a shift in culture and population-based approach.
ARE WE SEEING A SHIFT IN OUR CULTURE?
1. **Weight Inclusivity:** Accept and respect the inherent diversity of body shapes and sizes.

2. **Health Enhancement:** Support health policies to improve human well-being, including attention to individual physical, economic, social, spiritual, emotional, and other needs.

3. **Respectful Care:** Acknowledge our biases, and work to end weight discrimination, weight stigma, and weight bias. Provide information and services from an understanding that socio-economic status, race, gender, sexual orientation, age, and other identities impact weight stigma, and support environments that address these inequities.

4. **Eating for Well-being:** Promote flexible, individualized eating based on hunger, satiety, nutritional needs, and pleasure, rather than any externally regulated eating plan focused on weight control.

5. **Life-Enhancing Movement:** Support physical activities that allow people of all sizes, abilities, and interests to engage in enjoyable movement, to the degree that they choose.
IT’S ALL ABOUT HOW WE SAY IT…

WEIGHT-CENTRIC

- Weight loss/lose weight
- Weight management
- Reduce body fat
- Good/bad foods
- Avoid/Limit
- Exercise
- Portion Control
- Calorie Control
- Obesity Prevention

WEIGHT INCLUSIVE

- Weight concerns
- Weight and disordered eating
- Health at Every Size
- Healthy relationship with food and eating
- Intuitive eating
- Mindful eating
- Make peace with food
- Joyful movement and activity
- Size diversity
- Health Promotion

MOVING TOWARD BODY POSITIVITY

- Embrace being unique
- Normalize
- How we talk about ourselves matters
- Understand we are still learning/unlearning
- Diversify your media/what you see
SOUNDS INTERESTING, NOW WHAT?

- Made on a Generous Plan/ Beauty Redefined
- Books/Podcasts
- HAES website
- Unfollow what doesn’t serve you
- Stay curious
ADDitional READING

- Body Respect- Linda Bacon PhD & Lucy Aphemorh
- Body Kindness- Rebecca Scritchfield
- Health at Every Size- Linda Bacon PhD
- [https://haescommunity.com/](https://haescommunity.com/)
- [https://www.sizediversityandhealth.org/index.asp](https://www.sizediversityandhealth.org/index.asp)
- Embody
- Intuitive Eating –Evelyn Tribole MS, RD & Elyse Resch RD
- Embrace – Netflix
ALL BODIES ARE GOOD BODIES.

IT STARTS WITH RECOGNIZING OUR BIASES AND MAKING STEPS TOWARD CHANGE
NO WRONG WAY
TO HAVE A BODY
REFERENCES


10. HAES principles: [https://www.sizediversityandhealth.org/content.asp?id=152](https://www.sizediversityandhealth.org/content.asp?id=152)
