

Health At Every Size®

Overview



Health At Every Size® Curriculum

Society for Nutrition Education and Behavior
naafa

ASDAH



GLASBERGEN © 2010 by Randy Glasbergen www.glasbergen.com

"If I gain 20 pounds, it will give me the motivation I need to stick to my diet!"

Health At Every Size® Curriculum

Society for Nutrition Education and Behavior
naafa

ASDAH

Definition of Health At Every Size®

- HAES® supports people in adopting health habits for the sake of health and well-being (rather than weight control).
- HAES encourages:
 - Eating in a flexible manner that values pleasure and honors internal cues of hunger, satiety, and appetite.
 - Finding the joy in moving one's body and becoming more physically vital.
 - Accepting and respecting the natural diversity of body size and shape.

Health At Every Size and HAES are registered trademarks of the Association for Size Diversity and Health and used with permission.

Health At Every Size® Curriculum

Society for Nutrition Education and Behavior
naafa

ASDAH

Outline

- Defining Weight and Health
- Changes in Weight Over Time
- Associations Between Weight and Health
- Drawbacks of Dieting
- Definition of Health At Every Size
- Differences Between Dieting and Non-Dieting
- Research in Support of Health At Every Size
- Common Misconceptions of Health at Every Size

Health At Every Size Curriculum | Society for Nutrition Education and Behavior | naafa | ASDAH

Defining Weight & Health

- Messages about health in the media
 - Health depends on weight
 - Thin = healthy
 - Fat = unhealthy
 - Eat better and you will be healthier
 - Exercise more and you will be healthier
- Health is about more than weight
- Health is about more than diet and exercise

Health At Every Size Curriculum | Society for Nutrition Education and Behavior | naafa | ASDAH

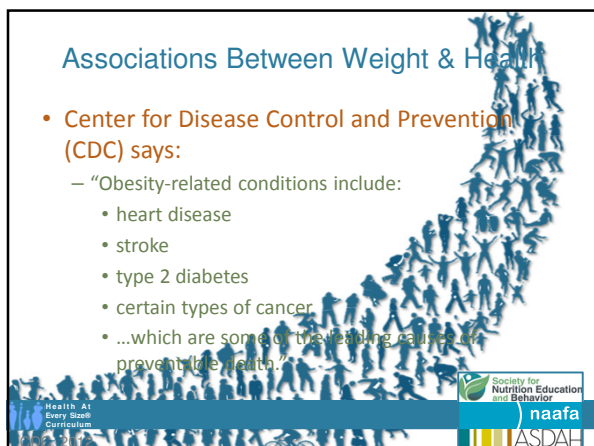
Defining Weight and Health

Diet and exercise are only two components of health

Health At Every Size Curriculum | Society for Nutrition Education and Behavior | naafa | ASDAH


Associations Between Weight & Health

- Center for Disease Control and Prevention (CDC) says:
 - “Obesity-related conditions include:
 - heart disease
 - stroke
 - type 2 diabetes
 - certain types of cancer
 - ...which are some of the leading causes of preventable death.”



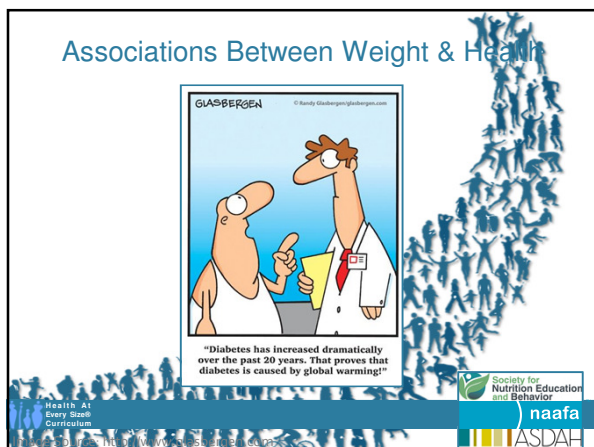
Health At Every Size Curriculum | Society for Nutrition Education and Behavior | naafa | ASDAH

Associations Between Weight & Health



GLASBERGEN © Randy Glasbergen/glasbergen.com

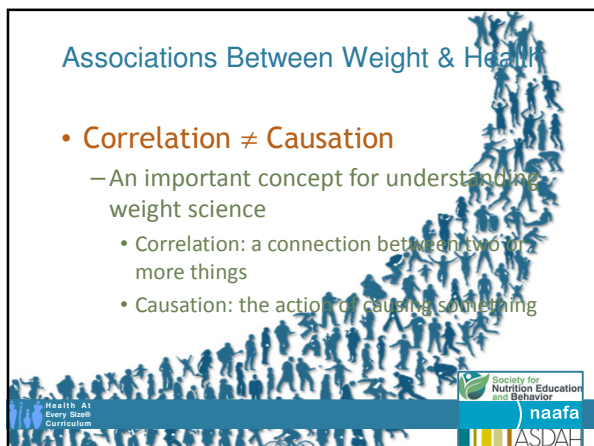
“Diabetes has increased dramatically over the past 20 years. That proves that diabetes is caused by global warming!”



Health At Every Size Curriculum | Society for Nutrition Education and Behavior | naafa | ASDAH

Associations Between Weight & Health

- Correlation \neq Causation
 - An important concept for understanding weight science
 - Correlation: a connection between two or more things
 - Causation: the action of causing something



Health At Every Size Curriculum | Society for Nutrition Education and Behavior | naafa | ASDAH

Associations Between Weight & Health

- Center for Disease Control and Prevention (CDC) says:
 - Obesity-related conditions include:
 - heart disease
 - stroke
 - type 2 diabetes
 - certain types of cancer
 - ...which are some of the leading causes of preventable death.

= correlated

Associations Between Weight & Health

- Epidemiologic studies don't typically control for:
 - Fitness/activity¹
 - Nutrient intake
 - Socioeconomic status¹
 - Body Image^{2,3}
 - Weight cycling which is associated with:
 - Inflammation
 - Hypertension
 - Insulin resistance
 - Hypercholesterolemia

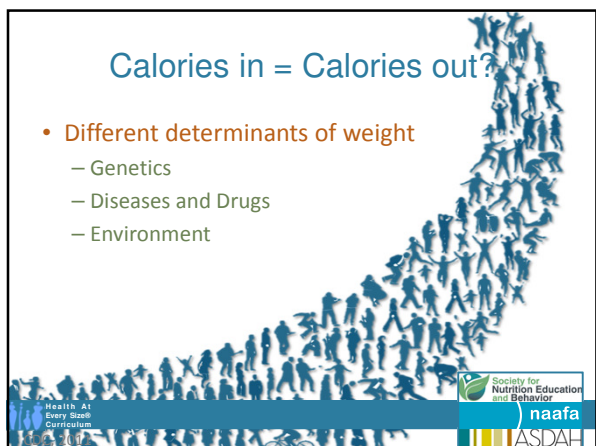
A celebrity cook was diagnosed with diabetes. Four things happened

- She received medical care.
- Doubled up on veggies and began using healthier cooking methods.
- Began walking every day.
- Lost 30 lbs. in the process.

Her diabetes is in remission and she feels GREAT! Why?

Calories in = Calories out?

- Different determinants of weight
 - Genetics
 - Diseases and Drugs
 - Environment



Health At Every Size® Curriculum

Society for Nutrition Education and Behavior
naafa

ASDAH

Copyright 2004 by Randy Glasbergen.
www.glasbergen.com



“Every time I go on a diet, I lose my mind. Unfortunately, it doesn't weigh very much.”

Health At Every Size® Curriculum

Society for Nutrition Education and Behavior
naafa

ASDAH

What are all the diets you've heard of?

- Brainstorm



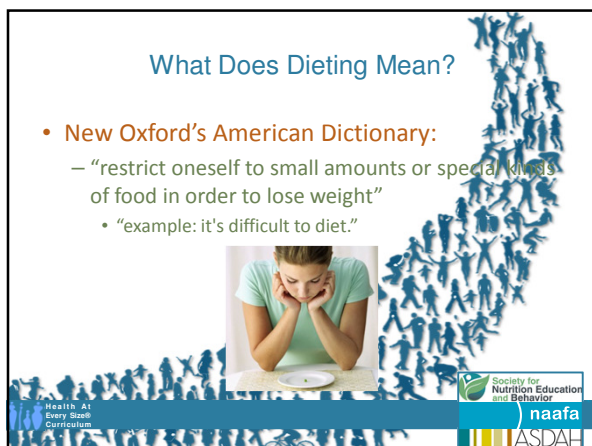

Health At Every Size® Curriculum

Society for Nutrition Education and Behavior
naafa

ASDAH

What Does Dieting Mean?

- **New Oxford's American Dictionary:**
 - “restrict oneself to small amounts or special kinds of food in order to lose weight”
 - “example: it's difficult to diet.”

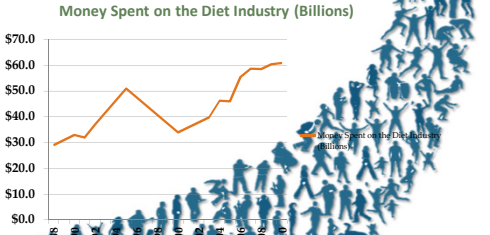


Health At Every Size® Curriculum | Society for Nutrition Education and Behavior | naafa | ASDAH

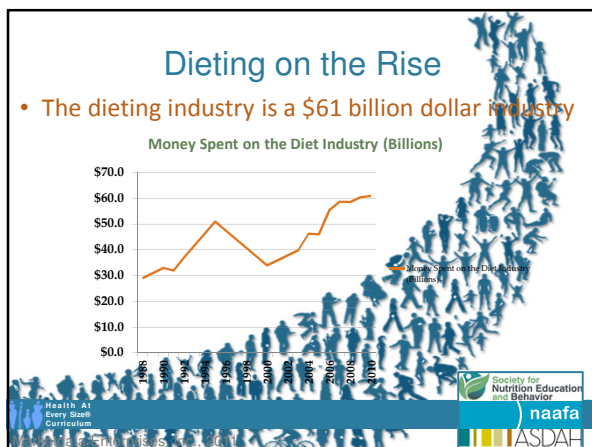
Dieting on the Rise

- **The dieting industry is a \$61 billion dollar industry**

Money Spent on the Diet Industry (Billions)



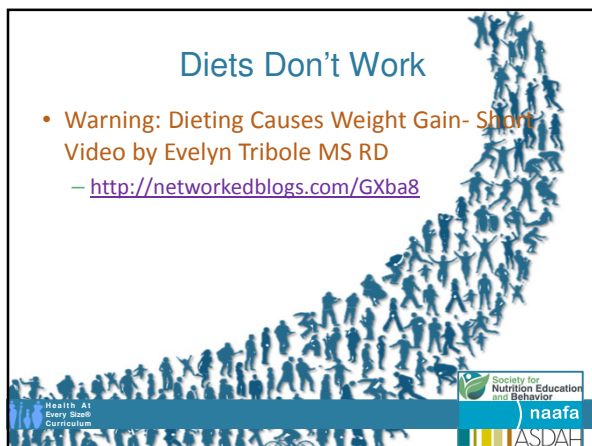
Year	Money Spent (Billions)
1988	28
1990	30
1995	50
2000	35
2005	45
2008	55
2010	61



Health At Every Size® Curriculum | Society for Nutrition Education and Behavior | naafa | ASDAH

Diets Don't Work

- **Warning: Dieting Causes Weight Gain- Short Video by Evelyn Tribole MS RD**
 - <http://networkedblogs.com/GXba8>



Health At Every Size® Curriculum | Society for Nutrition Education and Behavior | naafa | ASDAH

Diets Don't Work

- Long Term Weight Loss Studies
 - Weight is lost at first
 - The longer the study, the more weight regained

Average weight change among diet subjects in 20 studies by length of follow-up.

Key:
 ● = $\leq 20\%$ drop out
 ○ = $>20\%$ drop out
 Size of circle represents sample size

Health At Every Size® Curriculum | Society for Nutrition Education and Behavior | naafa | ASDAH

Weight-Focused Interventions May Contribute to...

- Weight cycling
- Increased risk for osteoporosis
- Increased chronic psychological stress & cortisol production
- Increased anxiety about weight
- Eating disorder behaviors
- Weight gain
- Stigmatization and discrimination against fat individuals

Kruger et al, 2009; Flegal & McFarlin, 2010
 Bacon et al, 2007; Kelm, 2009
 Tomiyama et al, 2011
 Stice et al, 2008; 2009
 Danciger et al, 2010
 Stunkard, Sutin et al, 2006
 Stunkard, 2006

Health At Every Size® Curriculum | Society for Nutrition Education and Behavior | naafa | ASDAH

Ethics of Weight-Based Approaches

⏸ Pause for Discussion

If...

- Dieting doesn't work (long-term weight regain)
- Yo-yo dieting is associated with negative health

Then...

- Should we be encouraging people to lose weight?

Is it ethical?

Health At Every Size® Curriculum | Society for Nutrition Education and Behavior | naafa | ASDAH

GLASBERGEN © Randy Glasbergen. www.glasbergen.com

"I can't change my height. I can't change my eye color. I can't change the size of my feet. What makes you think I can change my weight?"

Health At Every Size® Curriculum

Society for Nutrition Education and Behavior naafa ASDAH

Introducing...

A Non-Diet Approach

Health At Every Size®

Health At Every Size® Curriculum

Society for Nutrition Education and Behavior naafa ASDAH

Definition of Health At Every Size®


- HAES supports people in adopting health habits for the sake of health and well-being (rather than weight control)
- HAES encourages:
 - Eating in a flexible manner that values pleasure and honors internal cues of hunger, satiety, and appetite.
 - Finding the joy in moving one's body and becoming more physically vital.
 - Accepting and respecting the natural diversity of body sizes and shapes.

Health At Every Size® Curriculum


Society for Nutrition Education and Behavior naafa ASDAH

HAES = Weight Neutral

- Encouraging healthy habits and attitudes
- Taking the focus off of weight
 - Let a person's weight settle where it may
- Supporting people to feel good about themselves, no matter the outcome



Health At Every Size® Curriculum



naafa

ASDAH

Outline

- Defining Weight and Health
- Changes in Weight Over Time
- Associations Between Weight and Health
- Drawbacks of Dieting
- Definition of Health At Every Size
- ➔ Differences Between Dieting and Non-Dieting
- Research in Support of Health At Every Size
- Common Misconceptions of Health At Every Size

Health At Every Size® Curriculum




naafa

ASDAH

Diet vs. Non-Diet

	Diet Paradigm	Non-Diet Paradigm
Weight	<ul style="list-style-type: none"> • Aim for a certain weight 	<ul style="list-style-type: none"> • Body will seek its natural weight when individuals learn response to cues
Food	<ul style="list-style-type: none"> • Good/bad, legal/illegal, should/shouldn't etc. • Quantity/quality determined by external source (calories, grams, exchanges) 	<ul style="list-style-type: none"> • ALL food is acceptable • Quantity/quality are determined by responding to physical cues (hunger, thirst, satiety, etc.)
Physical Activity	<ul style="list-style-type: none"> • Exercise to lose weight 	<ul style="list-style-type: none"> • Aim to be more active in fun and enjoyable ways

Health At Every Size® Curriculum



naafa

ASDAH

Outline

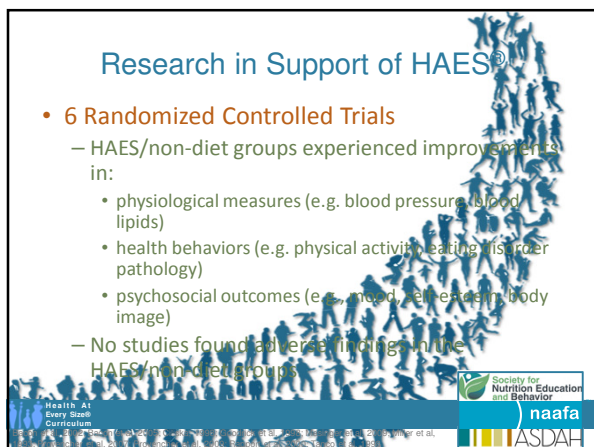
- Defining Weight and Health
- Changes in Weight Over Time
- Associations Between Weight and Health
- Drawbacks of Dieting
- Definition of Health At Every Size
- Differences Between Dieting and Non-Dieting
- ➔ Research in Support of Health At Every Size
- Common Misconceptions of Health At Every Size



Health At Every Size Curriculum | Society for Nutrition Education and Behavior | naafa | ASDAH

Research in Support of HAES

- 6 Randomized Controlled Trials
 - HAES/non-diet groups experienced improvements in:
 - physiological measures (e.g. blood pressure, cholesterol, lipids)
 - health behaviors (e.g. physical activity, eating disorder pathology)
 - psychosocial outcomes (e.g. mood, self-esteem, body image)
 - No studies found adverse findings in the HAES/non-diet groups



Health At Every Size Curriculum | Society for Nutrition Education and Behavior | naafa | ASDAH

Research in Support of HAES

- Randomized Controlled Trial Spotlight
 - 6-month randomized clinical trial
 - HAES group vs. Diet group
 - 2-year follow-up
 - White, obese, female chronic dieters (40-45 yrs)
 - N=39 per group to start



Health At Every Size Curriculum | Society for Nutrition Education and Behavior | naafa | ASDAH

Research in Support of HAES

Intervention

Diet Group	Non-Diet
<ul style="list-style-type: none"> • Calorie restriction and food diaries • Read food labels/fat grams • Exchanges • Benefits of exercise • Encouraged to walk at certain intensity 	<ul style="list-style-type: none"> • Body acceptance self-focus • Techniques to focus on internal cues vs. external cues • Nutrition - effect of food choices on well-being • Activity that allowed them to enjoy their bodies

Health At Every Size Curriculum | Society for Nutrition Education and Behavior | naafa | ASDAH

Research in Support of HAES

Results

	Diet Group	Non-Diet
Depression Body Image Self Esteem	<ul style="list-style-type: none"> • No significant improvement at 2-year follow-up 	<ul style="list-style-type: none"> • Significant improvement at 2-year follow-up
Labs	<ul style="list-style-type: none"> • No significant changes at 2-year follow-up 	<ul style="list-style-type: none"> • Significant changes in Total Cholesterol, LDL, Triglycerides at 2-year follow-up
Drop Out	<ul style="list-style-type: none"> • 41% drop out rate 	<ul style="list-style-type: none"> • 1% drop out rate
Weight	<ul style="list-style-type: none"> • Lost weight, then regained 	<ul style="list-style-type: none"> • Maintained weight

What surprises you about this study?

Health At Every Size Curriculum | Society for Nutrition Education and Behavior | naafa | ASDAH

Outline

- Defining Weight and Health
- Changes in Weight Over Time
- Associations Between Weight and Health
- Drawbacks of Dieting
- Definition of Health At Every Size
- Differences Between Dieting and Non-Dieting
- Research in Support of Health At Every Size
- ➔ Common Misconceptions of Health At Every Size

Health At Every Size Curriculum | Society for Nutrition Education and Behavior | naafa | ASDAH

Common HAES Myths

BUSTED



Health At Every Size Curriculum

Society for Nutrition Education and Behavior

naafa

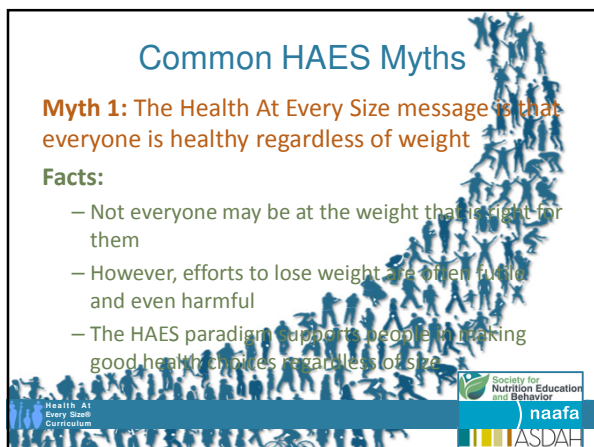
ASDAH

Common HAES Myths

Myth 1: The Health At Every Size message is that everyone is healthy regardless of weight

Facts:

- Not everyone may be at the weight that is right for them
- However, efforts to lose weight are often futile and even harmful
- The HAES paradigm supports people in making good health choices regardless of size



Health At Every Size Curriculum

Society for Nutrition Education and Behavior

naafa

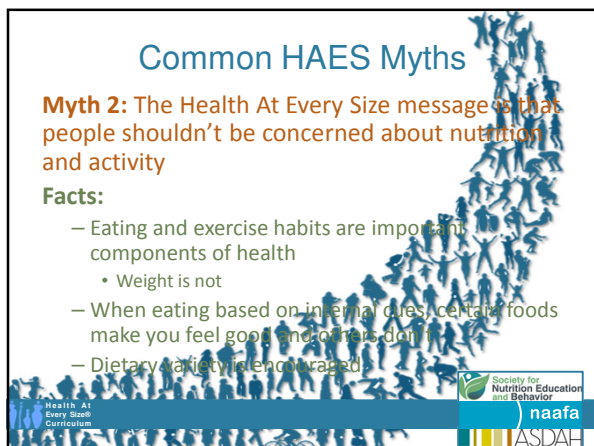
ASDAH

Common HAES Myths

Myth 2: The Health At Every Size message is that people shouldn't be concerned about nutrition and activity

Facts:

- Eating and exercise habits are important components of health
 - Weight is not
- When eating based on internal cues, certain foods make you feel good and others don't
- Dietary fat is encouraged



Health At Every Size Curriculum

Society for Nutrition Education and Behavior

naafa


ASDAH

Common HAES Myths

Myth 3: People who eat based on cravings will eat junk food all the time

Facts:

- It’s the anticipation of dieting and guilt around eating that leads to feeling out of control around food¹
- Humans crave variety²



Health At Every Size Curriculum | Society for Nutrition Education and Behavior | naafa | ASDAH

Who's Healthier?



Or


You can't tell how healthy someone is by looking at them



Health At Every Size Curriculum | Society for Nutrition Education and Behavior | naafa | ASDAH

HAES® Resources

- Organizations that promote HAES and fight against size discrimination
 - National Association to Advance Fat Acceptance (NAAFA)
 - <http://www.naafa.org>
 - Association for Size Diversity and Health (ASDAH)
 - <https://www.sizediversityandhealth.org>
 - Society for Nutrition Education and Behavior (SNEB)
 - <http://www.sneb.org>



Health At Every Size Curriculum | Society for Nutrition Education and Behavior | naafa | ASDAH
