



What is Health at Every Size?

Health at Every Size is a health-centered paradigm that focuses on total health and well-being, not weight. It's the way to prevent weight and eating problems and heal the damage done.

Beauty, health and strength come in all sizes. This truth is affirmed by Health at Every Size, a health-centered approach that focuses on health and well-being, not weight. It's about wellness and wholeness, eating in normal, healthy ways and living actively. It's about acceptance, respect and appreciation of diversity. It's health at any size. Everyone qualifies!

By F.M. Women Afraid to Eat: Breaking Free in Today's Weight-obsessed World, 2001, 2000

Tenets of Health at Every Size

- **Size and self-acceptance** – respect and appreciation for the wonderful diversity of body shapes and sizes (including one's own!), rather than the pursuit of an idealized weight or shape.
- **Health Enhancement** – attention to emotional, physical, and spiritual well being, without focus on weight loss or achieving a specific "ideal weight."
- **The pleasure of eating well** – eating based on internal cues of hunger, satiety, and appetite, and individual nutritional needs, rather than external food plans or diets.
- **The joy of movement** – encouraging all physical activities for the associated pleasure and health benefits, rather than following a specific routine of regimented exercise for the primary purpose of weight loss.
- **An end to weight bias** recognition that body shape, size, and/or weight are not evidence of any particular way of eating, level of physical activity, personality, psychological issue, or moral character; confirmation that there is beauty and worth in EVERY body.

By Karm-Kristina, PhD, LD and Ellen Coleman. Adapted from Moving Away From Diet (2003) with input from the final panel of the 11th Day.

Celebrate Health at Every Size

Focus on health, rather than weight

Moving to Health at Every Size

Weight centered → Health-centered

PHYSICAL ACTIVITY

- No pain, no gain
- Training regimen, targets
- Exercise to burn calories
- High dropout rates
- Value moderate, fun activities
- Be active your way, every day
- Be active for the joy of feeling your body move

EATING

- Restrictive eating, dieting
- Counting calories, fat
- Weight cycling (yo-yoing weight)
- Take pleasure in eating
- Meet your body's nutrition needs; all foods can fit
- Tune in to hunger and fullness

SELF-ACCEPTANCE

- Unrealistic weight goals
- Perfectionism
- Fat phobia and prejudice
- Accept that healthy bodies come in all sizes and shapes
- Respect and appreciate your strengths

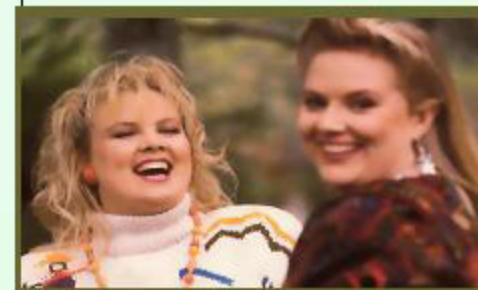
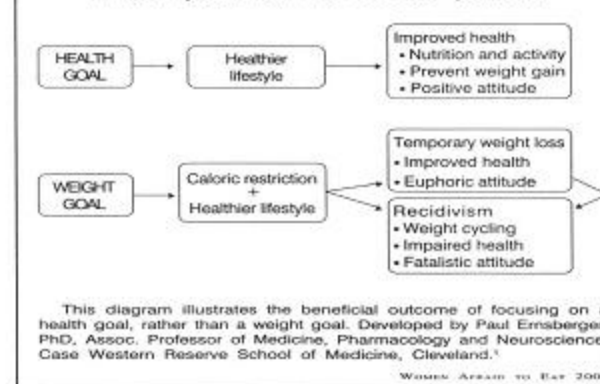
The idea that thin people are healthy and large people unhealthy is false

Beauty, health and strength come in all sizes



Healthcare at Every Size

Which path for the obese patient?



Provide quality health care, not weight cycling ... do no harm

Sally Smith, Director
National Association to
Advance Fat Acceptance

"Healthy bodies come in all shapes. We need to stop hounding people about their weight and encourage them to eat a healthful diet and exercise."

Steven Blair, PhD, Senior Scientific Editor
American College of Sports Medicine, Physical Activity and Health

The HAES movement also takes on the misinformation being spread in the war on obesity

"Although people think there's all this evidence out there showing a high mortality risk associated with overweight, in fact the literature doesn't show it."

Kathleen M. Flegal, PhD, Senior Research Scientist, National Center for Health Statistics, CDC (Flegal's research shows being 'overweight' is associated with lower risk of death than being 'normal weight' JAMA 2005; 293: 1861-1867)

"Until we have better data about the risks of being overweight and the benefits and risks of trying to lose weight, we should remember that the cure for obesity may be worse than the condition."

Marcia Angell MD, Jerome P. Kassirer, MD, Editors
New England Journal of Medicine, Jan. 1, 1996



What is this 170 lb. woman's healthy weight?

Hint: She's 5'5", fully nourished and moderately active.

Summing up Health at Every Size

A healthy community surrounds all its people with consistent messages of caring, support and positive values.



Health at Every Size is a health-centered approach, not weight-centered. It's about wellness and wholeness, living actively, eating well and feeling good about yourself and others.

It's time to move ahead to wellness solutions that help people of all sizes and do no harm.



By Frances M. Berg, MS, LN, Licensed Nutritionist, Adjunct Professor, University of North Dakota School of Medicine, and author of *Underage and Overweight: Our Childhood Obesity Crisis - What Every Family Needs to Know*, 2005 (New York: Hatherleigh Press). Copyright 2006. All rights reserved.