

WEBVTT

1 "Allison oaks" (3457099776)

00:00:04.049 --> 00:00:08.370

Welcome and thank you for calling into signals 2023.

2 "Allison oaks" (3457099776)

00:00:08.370 --> 00:00:15.749

Eating disorder, awareness theories. My name is Alice notes, and I am a care manager for the eating disorder team.

3 "Allison oaks" (3457099776)

00:00:15.749 --> 00:00:20.220

Due to the format of this call, you will not be able to ask questions.

4 "Allison oaks" (3457099776)

00:00:20.220 --> 00:00:25.200

During the teleconference, the conference will be opened up for Q and a.

5 "Allison oaks" (3457099776)

00:00:25.200 --> 00:00:29.610

At the completion of the presentation, although you do have the option.

6 "Allison oaks" (3457099776)

00:00:29.610 --> 00:00:33.360

Of submitting questions during the presentation.

7 "Allison oaks" (3457099776)

00:00:33.360 --> 00:00:39.480

You can follow along to the to the presentation through the teleconference. You can also.

8 "Allison oaks" (3457099776)

00:00:39.480 --> 00:00:45.390

That's the presentation for today's seminar online at W. W. W.

9 "Allison oaks" (3457099776)

00:00:45.390 --> 00:00:50.190

Does Cigna dot com slash eating disorders?

10 "Allison oaks" (3457099776)

00:00:50.190 --> 00:00:57.150

Scroll to current topics section in the middle of the page and click on today's topic labeled.

11 "Allison oaks" (3457099776)

00:00:57.150 --> 00:01:06.870

Health at every size 101, please note that not all policies cover

today's topic for more specific information. If your policy covers.

12 "Allison oaks" (3457099776)

00:01:06.870 --> 00:01:16.140

Topics discussed in today's seminars, please contact the eating disorder team by calling the number on the back of your insurance card.

13 "Allison oaks" (3457099776)

00:01:16.140 --> 00:01:26.280

Today I do have the pleasure of introducing Danielle rose Danielle is an anti dietician who has worked as a dietitian for almost 8 years.

14 "Allison oaks" (3457099776)

00:01:26.280 --> 00:01:30.810

The last 6 year she has worked at an eating disorder treatment facility.

15 "Allison oaks" (3457099776)

00:01:30.810 --> 00:01:42.030

She completed her master's degree at the Idaho State University where she created a college credit course, designed to teach health, professional students about eating disorders.

16 "Allison oaks" (3457099776)

00:01:42.030 --> 00:01:46.680

She resides in Boise, Idaho with her husband and dog Jeanie.

17 "Danielle" (397018112)

00:01:46.680 --> 00:02:01.105

please welcome danielle awesome thanks so much allison thank you everyone for taking time out of your day especially in the summer i know it's here in boise idaho we're still enjoying the end of our mid

18 "Danielle" (397018112)

00:02:01.105 --> 00:02:06.655

spring so i appreciate you hopping on the call or the teleconference to learn

19 "Danielle" (397018112)

00:02:06.680 --> 00:02:09.090

More about how that every size with me.

20 "Danielle" (397018112)

00:02:09.505 --> 00:02:22.585

So, go ahead and get started, so just a little more about me. I am in Boise. I'm also registered yoga teacher. I've had the honor and privilege for the last 6 years of working at center for change in Boise.

21 "Danielle" (397018112)
00:02:22.945 --> 00:02:29.065
Our big kind of regional center is in Orem, Utah, and 6 years ago they opened up.

22 "Danielle" (397018112)
00:02:29.090 --> 00:02:41.175
A satellite center here in Boise so I've had the fun time of learning how to develop a program and work with those suffering from eating disorders, chronic dieting or disordered eating.

23 "Danielle" (397018112)
00:02:42.075 --> 00:02:49.005
So, hopefully, I'll share a little bit with you. Guys of what I've learned throughout my journey and this process of working with people.

24 "Danielle" (397018112)
00:02:49.090 --> 00:02:53.940
Eating disorders and what I'd come to know what health at every size is.

25 "Danielle" (397018112)
00:02:57.390 --> 00:03:11.935
So, a couple points of what we are going to talk about today is not all inclusive, but there's a couple of highlights. So I really want to give you the history of what how that every size is some of the misconceptions about health at every size Alison.

26 "Danielle" (397018112)
00:03:11.935 --> 00:03:14.245
And I were just talking prior to logging on.

27 "Danielle" (397018112)
00:03:14.550 --> 00:03:29.395
There's a lot of misconceptions about what what this term means, what does it encompass and so I want to kind of debunk or just open up the conversation about what some of these misconceptions might be. They're not all inclusive misconceptions.

28 "Danielle" (397018112)
00:03:29.395 --> 00:03:33.895
But they're the ones that I tend to come across the most when I'm talking to providers.

29 "Danielle" (397018112)
00:03:34.550 --> 00:03:39.210
Sense my own friends and family about what does help at every size mean.

30 "Danielle" (397018112)

00:03:39.210 --> 00:03:49.500

And some of the consequences of a, what a weight centric approach can, what consequences can occur in the health care setting when we focus solely on weight.

31 "Danielle" (397018112)

00:03:49.500 --> 00:04:00.330

As a determinant of health, um, so these are kind of the overarching topics we'll be talking about and we'll go ahead and get started.

32 "Danielle" (397018112)

00:04:01.075 --> 00:04:13.555

So, before we can talk about how that every size as we know it is now. And if you haven't heard about health at every size, we will get to that. Um, but I wanted to talk a little bit about the history of fighting for weight inclusivity.

33 "Danielle" (397018112)

00:04:14.065 --> 00:04:20.305

Um, so from my own research, and from talking with colleagues and things that I've read, um, it's really taken.

34 "Danielle" (397018112)

00:04:20.330 --> 00:04:27.149

Many forms, and I would say starting in the 960 is is probably where it really takes off.

35 "Danielle" (397018112)

00:04:27.534 --> 00:04:40.104

But maybe even farther beyond that, so up here in the upper right hand corner, I don't know if you can see my mouse, but the starling little 19 sixties newsletter article is really where,

36 "Danielle" (397018112)

00:04:40.704 --> 00:04:46.524

I would say fat acceptance or the beginning of that acceptance revolution kind of takes a kickoff point here.

37 "Danielle" (397018112)

00:04:47.149 --> 00:04:52.319

So, over here, this is the engineer or fabric.

38 "Danielle" (397018112)

00:04:52.734 --> 00:04:59.274

Over here and the glasses and tie and over on the left is blue. Louder. Back. 1 was an engineer.

39 "Danielle" (397018112)

00:04:59.304 --> 00:05:09.204

1 was an author, the gentleman on the right had a wife who lived in a

larger body and then over here on the left Lou ladder back, who's an author lived in a larger body?

40 "Danielle" (397018112)

00:05:09.509 --> 00:05:20.399

I didn't like the way his wife was being treated in the community and then the other I had 1st hand experience with what is it like to live in a larger body in our society? What are some of these consequences?

41 "Danielle" (397018112)

00:05:20.994 --> 00:05:29.904

So, they started Napa, which is the National Association to advance that acceptance. So that started in 1969 and is actually still still up and running. Now.

42 "Danielle" (397018112)

00:05:29.904 --> 00:05:39.714

Um, they also blue ladder back also a pretty well known book called that power. well known book called that power

43 "Danielle" (397018112)

00:05:40.514 --> 00:05:52.904

And he also wrote a lot of articles in the newspaper at that time about weight stigma in our in our world. So that's a pretty significant time in history. Obviously. That's not the only I that was around.

44 "Danielle" (397018112)

00:05:52.904 --> 00:06:00.314

They weren't the only people fighting for fat acceptance, but that is I. that does have a pretty prominent mark in our history.

45 "Danielle" (397018112)

00:06:00.399 --> 00:06:05.969

Below we have Johnny Tillman and so she was.

46 "Danielle" (397018112)

00:06:05.969 --> 00:06:20.069

Not only if that acceptance activist, but she thought for people of color, people of low income and so she was another person who was actively advocating for weight inclusivity in our world around the same time.

47 "Danielle" (397018112)

00:06:20.069 --> 00:06:27.179

Um, so what is weight discrimination or weight stigma? Um, the National eating disorder association are meta.

48 "Danielle" (397018112)

00:06:27.179 --> 00:06:35.309

Defines that basically, as a simple term of discrimination based on a person's weight? Um.

49 "Danielle" (397018112)

00:06:35.309 --> 00:06:49.799

And I'll talk a little bit on the next slide about the civil rights part of this, but really, we can discriminate legally against someone's weight. You know, people who live in larger bodies research has shown that.

50 "Danielle" (397018112)

00:06:50.304 --> 00:07:03.444

They make less they receive not as great health care as those with their leaner counterparts. And so it really is problematic on a social justice issue that we talk about. How do we change this?

51 "Danielle" (397018112)

00:07:03.444 --> 00:07:09.714

How can we become more inclusive? So that people of all sizes can receive respectful healthcare.

52 "Danielle" (397018112)

00:07:09.799 --> 00:07:15.869

Can receive what they deserve in housing and in their career in education as well.

53 "Danielle" (397018112)

00:07:19.614 --> 00:07:29.184

So, what's happening today? So I talked a little bit about what's happening in the past and obviously many things have happened since the late 1960s up until now. But something that was in the news recently is that Napa.

54 "Danielle" (397018112)

00:07:29.184 --> 00:07:39.084

So, the National Association to advance that acceptance, which we talked about on the previous slide was working on trying to pass the. on trying to pass the

55 "Danielle" (397018112)

00:07:39.169 --> 00:07:45.899

Pills and put into law that it's illegal to discriminate against someone based off their weight and height.

56 "Danielle" (397018112)

00:07:45.899 --> 00:07:51.269

Um, and so this is really big news and I was reading yesterday to kind of, um.

57 "Danielle" (397018112)

00:07:51.924 --> 00:08:00.084

Beef up on the presentation today, but CNN had posted an article that there's only 6 cities in the United States that currently have this lot in place.

58 "Danielle" (397018112)

00:08:00.594 --> 00:08:11.184

So technically it doesn't fall under the civil rights act and it is something that legally can be discriminated against. So, there has been lawsuits that have happened since the 50 s.

59 "Danielle" (397018112)

00:08:11.269 --> 00:08:20.969

Until now of jobs requiring certain weight termination being happening, if you gain too much weight and so really.

60 "Danielle" (397018112)

00:08:20.969 --> 00:08:32.369

Kind of a cool if this is now happening and really reinforcing that. This is a social justice, a civil rights issue, and it goes so much further than than health care. And so hopefully we can see.

61 "Danielle" (397018112)

00:08:32.369 --> 00:08:40.829

By the end of this presentation that we'll see why this is so important for us as a community to really fight against this. Um.

62 "Danielle" (397018112)

00:08:41.334 --> 00:08:44.154

In a book that I'm reading called what's eating us?

63 "Danielle" (397018112)

00:08:44.574 --> 00:08:58.164

I just saw this, quote this morning I was, like, oh, that's so perfect because it's so important that we come together as a community that we learn together, which is what we're doing right now and Taylor Zant Saunders who's a social worker in this book?

64 "Danielle" (397018112)

00:08:58.164 --> 00:09:00.414

Said, liberating 1 one's body is a.

65 "Danielle" (397018112)

00:09:00.829 --> 00:09:07.334

Of effort, it's hard to do without community and this is community right learning what? Health and every sizes.

66 "Danielle" (397018112)

00:09:07.364 --> 00:09:20.804

Um, even if you don't live enough fat or a larger body, it's important

for people of all sizes and all professions, all walks of life to really understand the consequences of weight stigma. So that we can help fight against them because it can't just be.

67 "Danielle" (397018112)

00:09:20.829 --> 00:09:29.879

People in larger bodies, it can't just be people in smaller bodies fighting for it. We all have to educate ourselves and fight against it.

68 "Danielle" (397018112)

00:09:29.879 --> 00:09:37.259

Okay, that was my pep talk as we, as we go into, um, really the meat of the presentation. So.

69 "Danielle" (397018112)

00:09:37.259 --> 00:09:44.819

A lot of health in every size, there's many components to it, which we'll talk about, but it's a lot of changing our language.

70 "Danielle" (397018112)

00:09:44.819 --> 00:09:49.589

Um, so kind of doing away with old language, old, stigmatizing language.

71 "Danielle" (397018112)

00:09:50.244 --> 00:10:02.094

As a person who's in the medical profession, they will say that it is our profession really struggles at being patient centered. And what I mean, by that is using clinical lies terms.

72 "Danielle" (397018112)

00:10:02.124 --> 00:10:07.344

If that's a word clinical terms are really reducing people to their diagnoses.

73 "Danielle" (397018112)

00:10:07.499 --> 00:10:18.389

Their patient number a stat and so a lot of help at every size is really reinforcing that patient centered care as seeing people as individual as individuals.

74 "Danielle" (397018112)

00:10:18.864 --> 00:10:32.274

So, instead of using the more stigmatizing terms, like this obesity or overweight, it's more ideal to use more inclusive terms as a person in a larger body, a person, and a bigger body.

75 "Danielle" (397018112)

00:10:32.754 --> 00:10:34.074

Someone who is fat.

76 "Danielle" (397018112)

00:10:34.314 --> 00:10:45.834

And, um, through the fat acceptance movement, that word, that can be really energized for some people. Especially if there's trauma behind it, weight base blowing.

77 "Danielle" (397018112)

00:10:45.834 --> 00:10:54.264

But a lot of people who live in larger bodies, who I've seen in media are really trying to take that word back to just be a descriptive word and not feeling.

78 "Danielle" (397018112)

00:10:54.289 --> 00:10:57.029

Shame shame around that term.

79 "Danielle" (397018112)

00:10:57.954 --> 00:11:09.984

The problem with obesity in overweight and other terms, that kind of go along with the BMI index. That's where those words come from. Is it in the medical profession and research studies?

80 "Danielle" (397018112)

00:11:10.224 --> 00:11:16.794

We use those words, because they are now a diagnostic term, right? So, if you're a healthcare provider, or if you're.

81 "Danielle" (397018112)

00:11:17.029 --> 00:11:31.709

1, who has a health care chart you might see the word obesity, morbidly obese obesity class 2 in a diagnosis, right? So you'd see hypertension maybe um.

82 "Danielle" (397018112)

00:11:32.004 --> 00:11:39.954

Celiac disease, obesity and so it really is turning into a clinical diagnosis tool.

83 "Danielle" (397018112)

00:11:40.494 --> 00:11:48.444

And so a lot of research studies, since it is kind of a, a clinical term are trying to make it more person centered.

84 "Danielle" (397018112)

00:11:48.749 --> 00:11:56.879

Um, it's not the best, but it's not the worst. So saying a person with obesity or someone who's suffering from obesity.

85 "Danielle" (397018112)

00:11:57.354 --> 00:12:11.544

So these are just kind of the level that what's not ideal what's most ideal and kind of we're moving in the right direction hopefully. So these are just some terms that are helpful as we go through this presentation I'm to know about.

86 "Danielle" (397018112)

00:12:14.184 --> 00:12:28.524

So you've heard me say health at every size, you might even even heard the word Hayes being used and that. And if I slip that in throughout the presentation, Hayes is basically the, the shortened health of every size.

87 "Danielle" (397018112)

00:12:29.694 --> 00:12:33.354

So this term was trademarked by the association.

88 "Danielle" (397018112)

00:12:33.589 --> 00:12:41.099

Diversity and health, and that's the logo down in the bottom left hand corner and shorthand. It's called.

89 "Danielle" (397018112)

00:12:41.784 --> 00:12:55.434

So, they turned this this phrase in 2013, because they didn't want it to be misused for pseudo dieting or for other maybe not so great health care people in the world using this using it.

90 "Danielle" (397018112)

00:12:55.434 --> 00:13:01.074

Basically, health every size is also a book. So when. book so when

91 "Danielle" (397018112)

00:13:01.099 --> 00:13:09.449

The bacon wrote a house, every Facebook I want to see in the early 2 thousand's but don't quote me. So, a lot of people know by that.

92 "Danielle" (397018112)

00:13:09.449 --> 00:13:13.169

But really where it takes a big, um.

93 "Danielle" (397018112)

00:13:13.169 --> 00:13:23.489

I guess more people knowing about it is when I'm asked, uh, trademarked it. And so that's why there's a registered trademark when saying how that every size.

94 "Danielle" (397018112)

00:13:23.489 --> 00:13:36.419

Currently, they are revising the principles this year to acknowledge more social determinants of health. So we're going to be going through the principles of what health at every size is with the understanding that.

95 "Danielle" (397018112)
00:13:36.419 --> 00:13:50.819

The this organization is constantly going through and revising it, updating it. And this year, it specifically they've mentioned that they're working really hard to to change that. So, maybe we'll come back next year and there'll be totally new principals and updated principals to go over.

96 "Danielle" (397018112)
00:13:52.254 --> 00:13:56.664

And so we talked about how this really is a social justice issue movement.

97 "Danielle" (397018112)
00:13:56.724 --> 00:14:10.584

And so, hopefully, you, you got that from the beginning of our presentation, when we talk a little bit about the history of fat acceptance, and it's really the help of every size movement or term or principles is really to help and weight.

98 "Danielle" (397018112)
00:14:10.819 --> 00:14:14.219

Termination and stigma and so.

99 "Danielle" (397018112)
00:14:14.219 --> 00:14:18.539

We will go through each of those principles to see how this supports that.

100 "Danielle" (397018112)
00:14:23.244 --> 00:14:37.914

Um, so there's a broader definition, and then there's principles so, let's go over the overarching definition about health in every sizes just in case, you need an elevator speech, or if someone asks you what presentation you went to, you can tell them.

101 "Danielle" (397018112)
00:14:38.249 --> 00:14:50.004

Tell them this definition. Um, so, hey, it supports people and adopting health habits. The sake of health and wellbeing, rather than weight control. And this is a really, really important concept here.

102 "Danielle" (397018112)
00:14:50.214 --> 00:14:58.074

Um, 1 of the misconceptions that I'm kind of jumping ahead is people

called us healthy at every size. Um, but it's health in every.

103 "Danielle" (397018112)

00:14:58.249 --> 00:15:11.744

So really this movement and health care providers, like myself, who consider themselves to be non diet health that every size approach is really bringing health into people's lives in a non stigmatizing way.

104 "Danielle" (397018112)

00:15:12.404 --> 00:15:18.134

So, health behaviors can be done in a variety of ways, and a variety of different sizes and.

105 "Danielle" (397018112)

00:15:18.249 --> 00:15:26.339

We're wanting to bring health to people and not inhibit them and we'll talk more about that in additional slides.

106 "Danielle" (397018112)

00:15:27.624 --> 00:15:36.804

So, what's the definition of health? A lot of people when they think about the word health they really are only focusing on the physical part. Right?

107 "Danielle" (397018112)

00:15:37.194 --> 00:15:46.284

You know, in health class you learn about nutrition, you learn about exercise, but that's only 1 aspect of help. I think as a, as a culture, and as a society.

108 "Danielle" (397018112)

00:15:46.844 --> 00:16:01.454

Are really opening up to the idea that there's so many more components of health that should be included because the physical part of our health nutrition and exercise, as far as determinants of health, those have a very small impact on overall health,

109 "Danielle" (397018112)

00:16:01.484 --> 00:16:03.854

contributing wise. So, I want to say, like.

110 "Danielle" (397018112)

00:16:04.169 --> 00:16:16.889

Between 20 and 30% of our overall health is impacted by that, and there's so much more to our health pie per se and I'll show you on the next slide. What I mean, that we have to address, right?

111 "Danielle" (397018112)

00:16:16.889 --> 00:16:26.249

And so the World Health Organization came up with their definition of

what health is. And I really, really like it because I think it does a great job of explaining, um.

112 "Danielle" (397018112)

00:16:26.249 --> 00:16:38.214

That there's so much more to health than just exercise in nutrition. Um, so health is a state of complete, physical, mental and social wellbeing and is not merely the absence of disease or infirmity. And I love that.

113 "Danielle" (397018112)

00:16:38.214 --> 00:16:45.504

Because I think there's a lot of shame around using medications to manage disease, having a disease or a health diagnosis in general.

114 "Danielle" (397018112)

00:16:46.249 --> 00:16:56.219

And so just because someone might have an illness or a diagnosis disease, that's 1 component of health and there's much more that we can be looking at.

115 "Danielle" (397018112)

00:16:56.514 --> 00:17:09.804

To expand and really better people's lives, which I can't speak for all health care providers but I would say that most of us got into this field, because we want people to have better lives, we want to help people improve their lives.

116 "Danielle" (397018112)

00:17:10.464 --> 00:17:13.824

And so this is a great way to to bring that to people.

117 "Danielle" (397018112)

00:17:15.954 --> 00:17:29.724

You're not going to be able to read these little dots I don't think, but this is something that I do with our patients here in group. When we're talking about health and each piece of your pie represents a different area of health.

118 "Danielle" (397018112)

00:17:30.084 --> 00:17:34.134

These are kind of the standard ones I've had people come up with their own words.

119 "Danielle" (397018112)

00:17:34.574 --> 00:17:46.454

Um, you know, but for each of us, each piece of our pie, um, each piece of our health is going to be more important to us than others. Um, so I always give an examples of this one's fine.

120 "Danielle" (397018112)
00:17:47.564 --> 00:17:54.044
I'm an introverted extrovert or extrovert. I get my my, my up from being.

121 "Danielle" (397018112)
00:17:54.219 --> 00:17:59.879
I'm from retreating and so I interact with people all day.

122 "Danielle" (397018112)
00:17:59.879 --> 00:18:11.694
Um, and so my social health for me is not as important as my intellectual health as my spiritual health, it's my emotional health, and these can change in size. And how much how important they are to us throughout time.

123 "Danielle" (397018112)
00:18:11.994 --> 00:18:19.794
But the idea is, if we're only focusing on physical health, we're really, really going to be taken away from other areas.

124 "Danielle" (397018112)
00:18:19.904 --> 00:18:31.814
Right. So if we put so much emphasis on exercise and nutrition, we have to, you know, we only get this whole pie. Right? So we'd be taking out from other areas that might be important to us.

125 "Danielle" (397018112)
00:18:31.874 --> 00:18:39.794
And so I think this is just a great way to kind of see is there's so many things that contribute to our health. And the idea is to be bringing all these.

126 "Danielle" (397018112)
00:18:39.879 --> 00:18:44.039
Things to the table and we're talking about health improvement for everyone.

127 "Danielle" (397018112)
00:18:47.039 --> 00:18:51.779
Um, so why this approach.

128 "Danielle" (397018112)
00:18:51.779 --> 00:19:03.149
We know that diets don't work. Right? I'm sure you've heard some, some data pop around from time to time if you've, you've talked or if you've gone to any presentations or you've talked to anybody about.

129 "Danielle" (397018112)
00:19:03.149 --> 00:19:06.389

Health at every size or a non diet approach.

130 "Danielle" (397018112)

00:19:07.104 --> 00:19:21.894

I've heard the term that 95% of diets fail. Um, I think there's some question about how accurate that is, but really what we see is it for weight loss studies. There's a lot of flaws and there's a lot of flaws in many studies.

131 "Danielle" (397018112)

00:19:21.894 --> 00:19:25.974

But what we see in studies, and in my own. my own

132 "Danielle" (397018112)

00:19:26.389 --> 00:19:34.949

Personal practice is that diets are really not very sustainable. They aren't very successful for a long term health and in fact.

133 "Danielle" (397018112)

00:19:34.949 --> 00:19:44.399

I would say majority of the time kind of push people away from engaging in health promoting behaviors. Um, you know, people who I've worked with, who live in larger bodies.

134 "Danielle" (397018112)

00:19:44.399 --> 00:19:48.869

You know, I think the general societal consensus is well.

135 "Danielle" (397018112)

00:19:48.869 --> 00:19:57.599

They don't, they don't try as hard, you know, they should be trying more. They're lazy, you know, if they just stuck with it, they'd be able to be thin.

136 "Danielle" (397018112)

00:19:57.599 --> 00:20:08.519

But I've worked with a lot of people who have spent a lot of time, a lot of money, they've sacrificed relationships, they've done surgeries, they've taken medication.

137 "Danielle" (397018112)

00:20:08.519 --> 00:20:18.479

With scaling results, and I would say that they've tried pretty hard to fit into this ideal 1 for appearance but also for health.

138 "Danielle" (397018112)

00:20:19.854 --> 00:20:33.804

So, again, you know, when we talk about the dieting role, and obviously, these are very catchy guiding ads, a lot of guiding is not sold for health. Right? So, if you look at these ads, all these ads

are focused on appearance.

139 "Danielle" (397018112)

00:20:34.404 --> 00:20:38.034

So, are you beach body ready, shake yourself skinny get ready for.

140 "Danielle" (397018112)

00:20:38.479 --> 00:20:49.184

Season get the body or after, and so really a large portion of, you know, we look at dieting marketing is really focused at fitting into a certain body ideal.

141 "Danielle" (397018112)

00:20:49.754 --> 00:20:55.394

So none of these ads are talking about, you know, promoting health, lowering blood pressure and so.

142 "Danielle" (397018112)

00:20:55.679 --> 00:21:02.819

You know, I just like to point that out of no, I'm talking about health. Um, these are, they're talking about appearance.

143 "Danielle" (397018112)

00:21:03.744 --> 00:21:15.414

And many diets are unsustainable, there's a lot of physical and psychological effects that can happen from restricting food intake or intentional weight loss. If you're not familiar with the actual case study.

144 "Danielle" (397018112)

00:21:15.744 --> 00:21:22.734

It's a really old study it's called the Minnesota starvation experiment. It will never be repeated. Again, because now.

145 "Danielle" (397018112)

00:21:22.819 --> 00:21:30.239

There's a thing we have called ethics and research, but I gave us a lot of really good information of what happens in a semi starvation state.

146 "Danielle" (397018112)

00:21:30.239 --> 00:21:40.439

And if you're interested in that, you can Google it and read the article. And it's really interesting but we see these same things, these same side effects that come up with people who have eating disorders.

147 "Danielle" (397018112)

00:21:40.439 --> 00:21:52.854

And people who are dieting, there's a preoccupation with food, which

is a biological response that, you know, if we're not feeding our body, our body doesn't know that it's may 29th and that the next day or the next month is June.

148 "Danielle" (397018112)
00:21:52.854 --> 00:22:00.324

And we're going to be in a bikini in June, our body sees deprivation in any sense as a threat to. threat to

149 "Danielle" (397018112)
00:22:00.439 --> 00:22:06.929

Survival so our brain kind of kicks in, we think about food, we might have a more drastic response to food.

150 "Danielle" (397018112)
00:22:06.929 --> 00:22:21.474

Um, our metabolism is going to slow down, um, and we're also going to be, um, reducing muscle mass. Um, and so I see a lot of people who come in, um, who've been on dieting programs where they just lose a bunch of weight. Really, really fast.

151 "Danielle" (397018112)
00:22:21.504 --> 00:22:26.544

Um, and then there was a lot of muscle mass right? Um, and to me, that's not health, right?

152 "Danielle" (397018112)
00:22:26.929 --> 00:22:39.104

And so really a lot of what I do too, is talking about, you know, what are the damaging side effects that can come around from engaging in diet culture are dieting. There's also a lot of decrease self esteem. Right?

153 "Danielle" (397018112)
00:22:39.104 --> 00:22:46.904

So, at 1st, a lot of people will see an increase, right? Because they're dying diets work in the beginning. There's a lot.

154 "Danielle" (397018112)
00:22:46.929 --> 00:22:57.719

A lot of social reinforcement of you look so good. Oh, my gosh. You're losing all this weight but in the end, there's a significant decrease and self esteem.

155 "Danielle" (397018112)
00:22:57.719 --> 00:23:02.309

And also it increases risk for disordered eating as you can imagine.

156 "Danielle" (397018112)
00:23:02.309 --> 00:23:10.889

Um, 1 of the great greatest risk factors for an adolescent developing and eating disorder is dying at an early age.

157 "Danielle" (397018112)

00:23:10.889 --> 00:23:14.429

And we'll talk a little on the next slide about pseudo dieting.

158 "Danielle" (397018112)

00:23:14.429 --> 00:23:21.929

Um, but this is a huge problem for those who identifies female adolescents, but even for our male adolescents.

159 "Danielle" (397018112)

00:23:21.929 --> 00:23:35.639

Right. So they might have a different type of pressure than women do. Um, but any type of dieting or pursuit of weight loss, um, really increases someone's risk as an adolescent for developing an eating disorder.

160 "Danielle" (397018112)

00:23:35.639 --> 00:23:40.739

Okay, which is why we're here right? Learning about eating disorder is learning how to prevent them.

161 "Danielle" (397018112)

00:23:40.739 --> 00:23:49.289

The last slide really had the kitschy kind of like, hydroxy cut feel um.

162 "Danielle" (397018112)

00:23:49.289 --> 00:23:56.819

Ads, but diet dining is not is not your mom dieting anymore. Right? So, we've really gone away from kind of.

163 "Danielle" (397018112)

00:23:56.819 --> 00:24:09.744

Of noxious, you know, before and after ads, slim, fast, neutral systems kind of faded away it's still there and now we're kind of moving into more dieting package in a new way. Right?

164 "Danielle" (397018112)

00:24:09.744 --> 00:24:16.284

So now we're seeing a lot of like, commerce colors. There is more focus on, like, health and wellness.

165 "Danielle" (397018112)

00:24:16.819 --> 00:24:30.059

But still up here, we have this, you know, the slim fast out of saying, oh, we're not looking for the Super skinny anymore, but we're still approaching weight loss. Weight Watchers has rebranded, but in

the end, it's.

166 "Danielle" (397018112)

00:24:30.059 --> 00:24:38.009

You know, I rebrand with weight loss as the goal of noon has popped up, which is kind of really taken the market in.

167 "Danielle" (397018112)

00:24:38.009 --> 00:24:45.569

You know, about psychology, they're kind of missed using misrepresenting intuitive eating because the end result is weight loss.

168 "Danielle" (397018112)

00:24:45.569 --> 00:24:57.089

Um, you know, I'm not a huge fan of Duke, so they have a lot of these high school genes, right? So the idea that we're going to tap into your genes and your DNA to help, you lose weight.

169 "Danielle" (397018112)

00:24:57.089 --> 00:25:01.254

A lot of celebrities kind of that they already have this wellness.

170 "Danielle" (397018112)

00:25:01.254 --> 00:25:14.694

Look, I don't know if you can see my my cursor there, but like Cameron Diaz who has this, who's very conventionally beautiful is Tom themselves giving out nutrition and Wallace information with no credentials. She has no training.

171 "Danielle" (397018112)

00:25:14.874 --> 00:25:17.004

I've read the book have found errors in it.

172 "Danielle" (397018112)

00:25:17.089 --> 00:25:22.364

And so kind of being this, like, very white wellness, the type culture, right?

173 "Danielle" (397018112)

00:25:22.424 --> 00:25:32.384

And so we really have to be mindful, especially with our kudos on social media when these really pretty wellness influencer popping up, giving information.

174 "Danielle" (397018112)

00:25:32.699 --> 00:25:46.529

And so, you know, now we kind of we still have like, the hydroxy kind of noxious before and after picture ads that you might see in cheap magazine. But now we also have this very heightened repackaged diet

culture right?

175 "Danielle" (397018112)

00:25:46.529 --> 00:25:58.979

And so all these things continue to reinforce that phobia and stigmatization with people who live in larger bodies.

176 "Danielle" (397018112)

00:25:58.979 --> 00:26:11.249

Okay, so I told you, we would get to the principles of Hayes. Um, and now here we are, um, so we've talked about, you know, the history of what fat acceptance, and, you know, trying to reduce weight stigma.

177 "Danielle" (397018112)

00:26:11.249 --> 00:26:14.759

Which I, I guess I might not have said this before.

178 "Danielle" (397018112)

00:26:14.759 --> 00:26:25.469

Even though, I've only shown kind of the history of fighting against for fat acceptance in the sixties weight stigma has been around.

179 "Danielle" (397018112)

00:26:25.469 --> 00:26:34.439

For a very long time, dieting, the attempts to lose, or manipulate the body in a way to fit an ideal has been around since.

180 "Danielle" (397018112)

00:26:34.439 --> 00:26:44.519

The 1008 hundred's and before um, so just because the Napa organization was only founded in the 60 s. this has been a problem for a very, very long time as you can imagine.

181 "Danielle" (397018112)

00:26:44.519 --> 00:26:47.819

So, principals of.

182 "Danielle" (397018112)

00:26:47.819 --> 00:27:01.829

So, the idea of Hayes is to promote health to everyone, um, the 1st principle is weight inclusivity and I'll just read the definition as has on their website. And then I'll talk a little bit about it.

183 "Danielle" (397018112)

00:27:01.829 --> 00:27:15.779

Um, so the 1st principle is wait inclusivity. So this is expecting and respecting the inherent diversity of body shapes and sizes and reject the idolizing or apologizing of specific weights.

184 "Danielle" (397018112)

00:27:15.779 --> 00:27:26.969

Um, so basically, what this is saying from a health care perspective is we need to be treating people in a variety of sizes based off their own body shape and size and genetics right?

185 "Danielle" (397018112)

00:27:26.969 --> 00:27:33.119

Um, I always give this example of my presentations, but if my mom and I were to stand.

186 "Danielle" (397018112)

00:27:33.119 --> 00:27:40.044

Um, and you look at us from behind, we share a very similar body shape and size. We both are are Kirby.

187 "Danielle" (397018112)

00:27:40.464 --> 00:27:48.924

We, both are very short, and it would be unrealistic for me to fit into what an ideal body weight has been has been decided.

188 "Danielle" (397018112)

00:27:49.259 --> 00:28:00.689

To give an example, I like to say, I'm 53 and the ideal body weight for me per what the recommendations are would be around 115 pounds.

189 "Danielle" (397018112)

00:28:02.004 --> 00:28:15.864

For me to be at 115 pounds or to be given recommendations with the assumption of getting me. 215 pounds is extremely unethical. I will never be that weight and she'd never be treated as though I should be in that body size. Right?

190 "Danielle" (397018112)

00:28:15.864 --> 00:28:20.454

And so I'm using myself as an example there. using myself as an example there

191 "Danielle" (397018112)

00:28:20.689 --> 00:28:32.789

You know, we really have to be looking at the diversity that come in body shapes and sizes. Right? And we have to be providing medical care health care. And in turn, you should be.

192 "Danielle" (397018112)

00:28:32.789 --> 00:28:46.284

A, seeking healthcare, um, with your provider, who has this understanding of treating you as a very specific individual um, and that your health and the ideal that's in our world right now are 2 very separate things right?

193 "Danielle" (397018112)
00:28:46.284 --> 00:28:52.704

So, when we talk about some of those more catchy diet ads, where we're talking about getting bikini ready and getting tone.

194 "Danielle" (397018112)
00:28:52.789 --> 00:29:07.529

Those are all appearance based, right? So, when we're talking about health, we are talking about being able to respect different genetics and diversity when we're talking about building a health care program, giving health recommendations and vice versa.

195 "Danielle" (397018112)
00:29:09.114 --> 00:29:23.904

The 2nd principle is health enhancement, so this supports health policies that improve and equalize access to information and services and personal practices that improve human wellbeing, including attention to individual, physical, economic,

196 "Danielle" (397018112)
00:29:23.904 --> 00:29:26.754

social, spiritual, emotional, and other needs.

197 "Danielle" (397018112)
00:29:27.114 --> 00:29:39.444

So, again, this is for us as healthcare providers to be providing recommendations that take these things into consideration and those who are who's doing health, taking these things into consideration.

198 "Danielle" (397018112)
00:29:40.374 --> 00:29:42.354

An example, I could give here is.

199 "Danielle" (397018112)
00:29:42.509 --> 00:29:47.189

Um, you know, if I was working with someone, and, you know, I said, well, you just need to.

200 "Danielle" (397018112)
00:29:47.189 --> 00:30:00.329

Um, exercise more, you need to go to the gym. I need to cook more at home. Well, let's say, um, this is a single mom who works 2 jobs has 3 kids and has very low income food stamps.

201 "Danielle" (397018112)
00:30:00.329 --> 00:30:05.729

That might not be a really great recommendation for me to give. It doesn't take into account.

202 "Danielle" (397018112)

00:30:05.729 --> 00:30:09.479

Um, that being able to cook at home time is a privileged.

203 "Danielle" (397018112)

00:30:09.894 --> 00:30:22.014

So, if she's working 2 jobs working in the evening, that's not really a great health enhancement recommendation. Right? So really, it's about putting the person at the center of what we're trying to work now, which is improving health. Right?

204 "Danielle" (397018112)

00:30:22.194 --> 00:30:29.394

And now what's different for everybody the rate at which people go and pursue health and are able to implement different health recommendations are going to be.

205 "Danielle" (397018112)

00:30:29.479 --> 00:30:42.239

Extremely different there is no 1 size fits all and it changes. Right? Our lives changed. Our ability to cook more at home might be more in the summer than it is the winter. Right? Um, so.

206 "Danielle" (397018112)

00:30:42.239 --> 00:30:54.329

Our recommendations should be ever evolving and constantly changing per se over time because change. Right? So, really, this is just about being able to see the whole picture rather than kind of the.

207 "Danielle" (397018112)

00:30:54.329 --> 00:30:58.199

The run of the mill recommendation. Okay.

208 "Danielle" (397018112)

00:31:01.499 --> 00:31:09.179

Taking a drink of water here so the 3rd principle is eating for wellbeing.

209 "Danielle" (397018112)

00:31:09.179 --> 00:31:23.274

So, this is defined by as as promoting flexible, individualized eating, based on hunger and say tidy individual, nutritional, nutritional needs pleasure, rather than externally regulated eating plan,

210 "Danielle" (397018112)

00:31:23.274 --> 00:31:24.564

focused on weight control.

211 "Danielle" (397018112)

00:31:24.839 --> 00:31:28.649

So, an example of 2, um.

212 "Danielle" (397018112)

00:31:28.649 --> 00:31:37.289

Eating plans, let's say, I gave someone 1 plan. It was 1200 calories, eat 3 meals per day of, you know, 500 calories. And then you fill in the rest of the snacks.

213 "Danielle" (397018112)

00:31:37.289 --> 00:31:41.609

That's a very externally regulated meal plan. Um.

214 "Danielle" (397018112)

00:31:41.609 --> 00:31:46.859

The eating for wellbeing is, you know, not only looking at.

215 "Danielle" (397018112)

00:31:46.859 --> 00:31:57.929

Nutritional needs the pleasure. I'm a huge I'm a huge fan of people getting joy from food, because we have to do it every day. We have to do it for the rest of our lives. And so.

216 "Danielle" (397018112)

00:31:57.929 --> 00:32:09.479

I don't know about you, but for me, I want to get pleasure out of eating. I don't want to just be in the same thing. Every day. I want to be able to have the joy of, like, going out to eat. I want to have the benefits of.

217 "Danielle" (397018112)

00:32:09.479 --> 00:32:19.644

Um, using food to celebrate using food to connect and nurture and so those are also really, really important things when we're talking about well, being that. Yes. Nutritional needs are important.

218 "Danielle" (397018112)

00:32:19.704 --> 00:32:26.514

But so as pleasure and being able to tune into the body and 8 to hunger, and fullness is also very, very important.

219 "Danielle" (397018112)

00:32:26.819 --> 00:32:39.869

The 4th, 1 is respectful care so under the help at every size principle, as being able to acknowledge our biases and work to end weight discrimination, weight stigma and wait bias.

220 "Danielle" (397018112)

00:32:39.869 --> 00:32:52.529

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 addresses these equities.

221 "Danielle" (397018112)
00:32:52.529 --> 00:32:56.309
So, again, you know, we all have biases.

222 "Danielle" (397018112)
00:32:56.309 --> 00:33:00.149
I started this job 6 years ago.

223 "Danielle" (397018112)
00:33:00.149 --> 00:33:13.949
And thought I was pretty weight neutral, but I'm constantly challenging myself of, you know, I'm learning re, learning, challenging what I thought I knew, you know, I might have had an idea 2 years ago that I might not fully, you know.

224 "Danielle" (397018112)
00:33:13.949 --> 00:33:26.489
Believe it now and so really, it's just about, I guess, being open, being open to the idea that, um, you know, science is ever evolving and changing. But the whole idea is that being able to provide.

225 "Danielle" (397018112)
00:33:26.489 --> 00:33:36.419
Um, respectful care, um, I just saw a question about a pediatrician or about, um.

226 "Danielle" (397018112)
00:33:36.419 --> 00:33:45.269
A question about, I'm concerned about a child's weight, and I actually was going to bring this up. So the, I think it's the association.

227 "Danielle" (397018112)
00:33:45.294 --> 00:33:59.334
Or the American pediatric Association, or some association that gives recommendations for child's health um, they just came out with, um, kind of recommend date their 1st, set of recommendations for children who have obesity.

228 "Danielle" (397018112)
00:34:00.294 --> 00:34:04.224
And if you read the article, if you're really, if you're interested in it.

229 "Danielle" (397018112)
00:34:04.469 --> 00:34:18.599
They do a really, really great job of talking about all the inequities that can contribute to someone living in a larger body. Where I think

they lost me is that their, their solution to all of these inequities is.

230 "Danielle" (397018112)

00:34:18.599 --> 00:34:22.859

Weight loss, surgery and medication for kids as young as 12.

231 "Danielle" (397018112)

00:34:22.859 --> 00:34:28.499

Um, so I like that they talk about there's a lot of things that can impact weight.

232 "Danielle" (397018112)

00:34:28.499 --> 00:34:32.039

Um, that have to be addressed and if we don't address things like.

233 "Danielle" (397018112)

00:34:32.039 --> 00:34:35.489

Racial discrimination socio economic status.

234 "Danielle" (397018112)

00:34:35.489 --> 00:34:38.639

You know, sexual orientation age.

235 "Danielle" (397018112)

00:34:38.639 --> 00:34:50.429

And then we're not going to address a problem. Right? And so all these things have to be taken into consideration in order to provide respectful care.

236 "Danielle" (397018112)

00:34:51.054 --> 00:34:56.454

Um, okay, this is the last 1, like, enhancing movement.

237 "Danielle" (397018112)

00:34:56.964 --> 00:35:08.784

So this principle talks about supporting physical activities that allow people of all sizes abilities and interest to engage enjoyable movement to the degree that they choose.

238 "Danielle" (397018112)

00:35:09.509 --> 00:35:19.619

When I'm working with clients or talking about exercise recommendations, you know, I think our culture is really stuck on exercise as being less really structured.

239 "Danielle" (397018112)

00:35:19.619 --> 00:35:23.309

Like, I need to go to the gym for an hour a day. Um.

240 "Danielle" (397018112)
00:35:23.309 --> 00:35:27.539
Which is great for some people, or some people that works, but also.

241 "Danielle" (397018112)
00:35:27.539 --> 00:35:39.569
Being able to move in daily living right? Um, you know, cleaning the house mowing the lawn raking leaves walking to go get coffee with the friend. All those things are also movement.

242 "Danielle" (397018112)
00:35:39.569 --> 00:35:44.069
Um, and so we are much better off finding a movement that we enjoy.

243 "Danielle" (397018112)
00:35:44.069 --> 00:35:58.349
Because then we'll do it more often and if we don't focus on appearance research shows that we are more likely to be engaged in movement and do it long term, rather than if we're slowly focusing on movement for weight loss.

244 "Danielle" (397018112)
00:35:58.349 --> 00:36:05.129
Um, and so we know there's a lot of benefits to movement. We know our culture is more sedentary than ever.

245 "Danielle" (397018112)
00:36:05.129 --> 00:36:11.609
Um, and so the idea is, yes, let's, let's engage in movement, but let's do it in a way that that works for, you.

246 "Danielle" (397018112)
00:36:11.609 --> 00:36:18.539
Um, let's do it in a way, and that we know that sometimes we're less active than others, and sometimes we're way more active than other times. Right?

247 "Danielle" (397018112)
00:36:18.539 --> 00:36:26.519
Um, so it's all about being flexible and I want to finish here. Um.

248 "Danielle" (397018112)
00:36:26.519 --> 00:36:37.019
About 6 minutes, so we can go to questions. Okay so the misconceptions of health at every size. So I think there is.

249 "Danielle" (397018112)
00:36:37.019 --> 00:36:40.439
A misconception that people who are helping every size providers.

250 "Danielle" (397018112)
00:36:40.439 --> 00:36:44.039
Like, if I'm working with you and you lose weight.

251 "Danielle" (397018112)
00:36:44.039 --> 00:36:57.114
That that's a bad thing where I think the disconnection is, is that some of these health promoting behaviors might result in weight loss and that's okay. Um, you know, there's nothing wrong with the body changing. If that's what it needs.

252 "Danielle" (397018112)
00:36:57.114 --> 00:37:00.204
If that's what it does, when you increase your movement that's great.

253 "Danielle" (397018112)
00:37:00.509 --> 00:37:14.064
Um, but it's just not the focus, right? So, the focus is the behavior and weight is not a behavior, right? So, if I'm working with someone and they lose weight and they, they, they notice it's a very neutral fact.

254 "Danielle" (397018112)
00:37:14.124 --> 00:37:18.594
I typically don't weigh my clients unless, um.

255 "Danielle" (397018112)
00:37:18.959 --> 00:37:22.439
They're at an extremely low weight and we're working on a restoring weight.

256 "Danielle" (397018112)
00:37:22.439 --> 00:37:26.819
And so, you know, the weight really, really is irrelevant at that point.

257 "Danielle" (397018112)
00:37:26.819 --> 00:37:41.669
It's not anti health. I know a lot of people think it is in fact, it's trying to bring health to more people because we're working from hopefully a non stigmatizing way of bringing help to people.

258 "Danielle" (397018112)
00:37:41.669 --> 00:37:46.499
It's not saying that exercise in nutrition don't impact health because we know that it does.

259 "Danielle" (397018112)
00:37:46.499 --> 00:37:59.069
And so the idea is that yes, exercise the nutrition impact health, but

that's not the only thing. And there's a way to promote exercise and nutrition. That's non fearmongering, non, stigmatizing and non shaming.

260 "Danielle" (397018112)

00:37:59.069 --> 00:38:03.719

It's not anti medical nutrition therapy or anti nutrition.

261 "Danielle" (397018112)

00:38:03.719 --> 00:38:17.490

So, medical nutrition therapy would be nutrition recommendations that are based off. Maybe someone has an illness or disease that can be managed, or, um, can support managing an illness. So, for example, would be diabetes.

262 "Danielle" (397018112)

00:38:17.490 --> 00:38:24.690

But there is a really great way, and a really great approach to approach nutrition and diabetes.

263 "Danielle" (397018112)

00:38:24.690 --> 00:38:37.345

That is not weight focused, but it's focused on behaviors. It's focused on lab values. It's focusing on, you know, optimizing your attrition. 1 of my favorite thing is, let's use nutrition as a tool, not a weapon, right?

264 "Danielle" (397018112)

00:38:37.345 --> 00:38:44.575

So instead of weaponizing, nutrition and diabetes, we use that to support to support a person rather than.

265 "Danielle" (397018112)

00:38:44.690 --> 00:38:58.950

To not support them, it's not anti science. Actually on top of every size has been has been continues to be studied a lot intuitive eating. If you haven't heard of that, which is.

266 "Danielle" (397018112)

00:38:58.950 --> 00:39:04.255

They're, they're not related per se, but in today's meeting kind of fits into that meeting for wellbeing.

267 "Danielle" (397018112)

00:39:04.555 --> 00:39:14.755

Um, they're not the 2 terms are not by the same organization, but intuitive eating and, um, the 1 of the gals who wrote that book, and she gets a presentation.

268 "Danielle" (397018112)

00:39:15.030 --> 00:39:18.720
January of 2020 or 2021, and at that point.

269 "Danielle" (397018112)
00:39:18.720 --> 00:39:27.690
There had been over 130, um, published peer reviewed articles on intuitive eating and improvement in health. So.

270 "Danielle" (397018112)
00:39:27.690 --> 00:39:31.140
It's really taking off as a really great tool to improve health.

271 "Danielle" (397018112)
00:39:31.140 --> 00:39:45.870
The next misconception, and a lot of people again call health at every size healthy and every size and it's not saying that everyone is healthy, regardless of weight. We do know that on extremes weight can impact help in some way.

272 "Danielle" (397018112)
00:39:45.870 --> 00:39:57.360
Um, but also there is no illness that only occurs in people in larger bodies. Right? So, um, you know, really trying to do stigmatize that wait piece when we're providing recommendations.

273 "Danielle" (397018112)
00:39:59.335 --> 00:40:13.075
There's a misconception that people who practice health at every size can't work with people who desire weight loss. If that were the case I would never have clients. So really I'm a huge fan of body autonomy.

274 "Danielle" (397018112)
00:40:13.795 --> 00:40:17.215
You know, I really talk to people and kind of work through that desire.

275 "Danielle" (397018112)
00:40:17.360 --> 00:40:25.020
Lose weight really trying to emphasize the importance of health promoting behaviors and then obviously, you know.

276 "Danielle" (397018112)
00:40:25.020 --> 00:40:29.010
People get to do what they want to do, and that's totally fine.

277 "Danielle" (397018112)
00:40:29.010 --> 00:40:34.830
It's not just for people in larger bodies, it's available and should be promoted to everyone.

278 "Danielle" (397018112)

00:40:35.275 --> 00:40:42.415

And it's not just whatever you want whenever you want. I think that's also another really big misconception of intuitive eating.

279 "Danielle" (397018112)

00:40:42.745 --> 00:40:54.295

And so these are some of the biggest misconceptions that I see in my practice that I see working in the eating disorder field that, I think are really, really important to address. And we're talking about.

280 "Danielle" (397018112)

00:40:54.830 --> 00:41:01.290

Health at every size approach in our own life. Um, and in healthcare.

281 "Danielle" (397018112)

00:41:01.290 --> 00:41:10.830

Okay, I am going to read through these really fast. The PowerPoint is available to you. I apologize. I'm.

282 "Danielle" (397018112)

00:41:11.845 --> 00:41:24.235

I want to make sure we get to questions and then you also will have availability if you have a question or want to follow up on something I can provide my email as well. Um, so the impacts of weight stigma.

283 "Danielle" (397018112)

00:41:24.325 --> 00:41:30.265

Really why we're trying to do this and I touched on this a little bit in the beginning. Um, this is specifically related to health care.

284 "Danielle" (397018112)

00:41:30.570 --> 00:41:42.690

Um, so we know that oppression and discrimination, no matter what have huge impacts on health. So, whether it's discrimination against your gender or sex discrimination based on race.

285 "Danielle" (397018112)

00:41:42.690 --> 00:41:47.370

We know, and that's been researched and documented that those have huge impacts on health.

286 "Danielle" (397018112)

00:41:47.905 --> 00:42:02.905

Some of the immediate impacts that weight stigma has in the doctor's office or healthcare office is that there has less time spent with the medical provider. Medical providers believe that people with larger bodies will be less compliant.

287 "Danielle" (397018112)

00:42:03.025 --> 00:42:07.345

So, therefore, they don't feel it as important to spend more time with.

288 "Danielle" (397018112)

00:42:07.370 --> 00:42:21.120

Them on interventions, there's increased negative experiences on both side with patient and provider and there's an impaired cognitive function and ability to communicate effectively on the side of the patient, which is super.

289 "Danielle" (397018112)

00:42:21.120 --> 00:42:29.605

Troubling because we always talk to people about, you have to advocate for yourself. You have to ask questions, make sure you understand things when you're in the office.

290 "Danielle" (397018112)

00:42:29.845 --> 00:42:41.095

Well, if you're experiencing stigma or oppression or discrimination, there's an imperative ability for that patient to communicate effectively with their provider. And so we're really missing an opportunity to promote health.

291 "Danielle" (397018112)

00:42:41.120 --> 00:42:42.450

In that instance.

292 "Danielle" (397018112)

00:42:42.955 --> 00:42:57.475

Long term effects on health is there's a high level of stress, which we know that impacts health people who've experienced weight stigma wait longer to seek out care, which, you know, our culture is really moving towards prevention prevention prevention.

293 "Danielle" (397018112)

00:42:57.715 --> 00:43:02.335

And if people are waiting longer to seek out health care, there could have been something caught.

294 "Danielle" (397018112)

00:43:02.450 --> 00:43:14.460

Way before, or could have received treatment way before, which is a shame. People avoid the health care setting all together. People who've experienced stigma plays a lower value on health.

295 "Danielle" (397018112)

00:43:14.460 --> 00:43:24.240

Right. So if you are being shamed your whole life, and every time you

go in, whether it's for a cold strep throat hypertension, when you get constant lectures on your weight.

296 "Danielle" (397018112)

00:43:24.240 --> 00:43:39.085

Um, you know, it cancel pretty crummy and really kind of feel hopeless of that, that you don't have the efficacy to improve your health and people who experience wait, stigma, oftentimes receive weight focus treatments, which we've talked about.

297 "Danielle" (397018112)

00:43:39.360 --> 00:43:48.090

Which we've talked about how weight focus treatment, and can be really detrimental to improving health.

298 "Danielle" (397018112)

00:43:48.475 --> 00:44:03.145

Research has shown actually the internally stigma has the greatest impact and what internalized stigma means is that people who've experienced weight stigma, believe that they deserve that of I'm fat so I deserve to be treated like garbage.

299 "Danielle" (397018112)

00:44:03.175 --> 00:44:07.015

I deserve I deserve this because I'm not taking care of my weight.

300 "Danielle" (397018112)

00:44:07.290 --> 00:44:19.165

And they still less in confidence less confident to engage in how many behaviors, which, if we are wanting someone to engage in a health promoting behavior. But they don't feel confident.

301 "Danielle" (397018112)

00:44:19.375 --> 00:44:22.705

They feel like I deserve to be this way because of my body size.

302 "Danielle" (397018112)

00:44:22.800 --> 00:44:30.000

They were really not working together as a team, and we're really not getting the end result that we both want, which is improved health.

303 "Danielle" (397018112)

00:44:30.000 --> 00:44:34.380

And, um.

304 "Danielle" (397018112)

00:44:34.380 --> 00:44:40.410

Uh, impacts on withholding surgery medication, or other intervention unless weight loss occurs.

305 "Danielle" (397018112)
00:44:40.410 --> 00:44:52.320

Which could be a whole presentation on its own. These are just some of the main ones that seem to pop up most often about weight stigma and the research.

306 "Danielle" (397018112)
00:44:52.320 --> 00:44:59.880

You can read over these on your own, but these are just little snippets of research study that have been done. Um.

307 "Danielle" (397018112)
00:44:59.880 --> 00:45:03.000

A weight loss group was versus a wait neutral program.

308 "Danielle" (397018112)
00:45:03.805 --> 00:45:14.395

Actually, I'll just go for it really fast so, basically they both had a lot of improvements and these major areas. So there was improved lifestyle behaviors, cardio, metabolic fitness.

309 "Danielle" (397018112)
00:45:14.425 --> 00:45:22.615

There was improved psychological wellbeing and there wasn't really a change in blood pressure, fasting glucose or cholesterol levels.

310 "Danielle" (397018112)
00:45:23.000 --> 00:45:28.260

The weight loss group have significantly lower B in mind and the wait mutual program.

311 "Danielle" (397018112)
00:45:28.260 --> 00:45:35.670

But the people who want to wait neutral program, showed increase intuitive eating skills as well as a decrease.

312 "Danielle" (397018112)
00:45:36.715 --> 00:45:49.345

An cluster or higher decreasing all the old cholesterol so it wasn't significant to decrease in full, but the weight neutral 1 did have a higher decrease in it, which is the less healthy. Um, the lipids that we want to be watching out for.

313 "Danielle" (397018112)
00:45:50.850 --> 00:46:05.310

Um, and I'll let you guys read over these again, these are just more research studies that I wanted to include just to show, you know, where are we going with the help of every size approach and health care and how do we really implement it into a healthcare setting.

314 "Danielle" (397018112)
00:46:06.235 --> 00:46:09.535
And then this 1 is a public health program.

315 "Danielle" (397018112)
00:46:09.535 --> 00:46:22.615
So, if you're a provider on the call, or if you work in public health on this webinar, this is a public health intervention to improve lifestyle behaviors when they took a weight focus 1 and wait neutral.

316 "Danielle" (397018112)
00:46:22.615 --> 00:46:25.255
1, and these were kind of the results.

317 "Danielle" (397018112)
00:46:25.310 --> 00:46:33.600
That came out of that, so things that you can do as a provider as a patient, just as a person.

318 "Danielle" (397018112)
00:46:33.600 --> 00:46:44.460
Discuss necessity of being weighed at the doctor's office. I don't weigh myself anymore. I don't get rid of the doctor's office medically needed.

319 "Danielle" (397018112)
00:46:44.460 --> 00:46:49.710
Challenge weight based policies, so if you work in.

320 "Danielle" (397018112)
00:46:49.710 --> 00:47:03.355
Health care setting and there's policies based on weight. Really discuss those, educate yourself and others as appropriate. Not. Everyone wants to be educated. I was just talking to Alison a little bit, too of there's a time for education.

321 "Danielle" (397018112)
00:47:03.385 --> 00:47:08.905
There's a time where where we can offer insight. And discussion, there's time where it's not as appropriate.

322 "Danielle" (397018112)
00:47:09.710 --> 00:47:19.710
Remove dining tools from your office or home, so being mindful of what books we have available and follow weight, focused, social media accounts, remove skills, if necessary.

323 "Danielle" (397018112)
00:47:19.710 --> 00:47:27.420
Really challenged weight focused or fetching comments amongst yourself

amongst loved ones coworkers, things like that.

324 "Danielle" (397018112)
00:47:27.420 --> 00:47:37.770

And cover your own biases I think this is an area where we can cultivate curiosity. And I think that's 1 of the most important things. When we talk about health at every size.

325 "Danielle" (397018112)
00:47:37.770 --> 00:47:44.250

I gave you some resources for some really great books, some really great podcasts and I absolutely love.

326 "Danielle" (397018112)
00:47:44.250 --> 00:47:55.860

I just wanted to say, thank you so much. I apologize for being rushed at the end, but I want to give time for questions. I appreciate you taking your time to be here.

327 "Allison oaks" (3457099776)
00:47:55.860 --> 00:48:06.750

Oh, right so we do have a couple of questions and that 1st 1 was about the pediatrician and it said that what, if your pediatrician is concerned about your child's weight.

328 "Allison oaks" (3457099776)
00:48:06.750 --> 00:48:15.120

Because our son is in the 90th percentile for his age and the doctor's concerned. How do we guide him without giving him a complex.

329 "Allison oaks" (3457099776)
00:48:15.120 --> 00:48:18.570

He's too young to understand eating for wellbeing.

330 "Danielle" (397018112)
00:48:18.570 --> 00:48:23.730

He's always hungry. Yeah, that's a great question. And I think a question that.

331 "Danielle" (397018112)
00:48:23.730 --> 00:48:35.460

That many parents struggle with, I can't give specific recommendations, but a really great book to read or to reference is how to raise intuitive eaters.

332 "Danielle" (397018112)
00:48:36.085 --> 00:48:48.205

That's a really great book that kind of gives you guidance on how to approach food in the home. Um, what I will say about percentiles is with Kronos we're really looking at a trajectory of growth.

333 "Danielle" (397018112)

00:48:48.565 --> 00:48:55.315

So, if your kids always been at 50% 50%, then they're most likely going to stay stand that trajectory. that trajectory

334 "Danielle" (397018112)

00:48:55.460 --> 00:49:04.380

If your kid is always at 98% 90%, then I would say that search trajectory and that potentially could be their body shape and size.

335 "Danielle" (397018112)

00:49:04.380 --> 00:49:18.510

What might be helpful is talking to your provider about meeting with a pediatric dietitian and really figuring out age appropriate ways to engage and promote health promoting behaviors that are age appropriate.

336 "Danielle" (397018112)

00:49:18.510 --> 00:49:27.660

Right. Um, so some of the things we talked about are more appropriate for adults and so really working with someone who knows for specific ages what is appropriate.

337 "Danielle" (397018112)

00:49:27.660 --> 00:49:37.200

Um, is really what I would say would be my recommendation for that question. I hope that that answers that.

338 "Allison oaks" (3457099776)

00:49:37.200 --> 00:49:47.460

Yeah, absolutely Thank you. And then before we get to the next question, I had a couple of people ask if you can go back to the resource slide, are we able to just.

339 "Allison oaks" (3457099776)

00:49:47.460 --> 00:49:59.340

Go back to that 1, and just leave that on there. There we go. Thank you. Okay. Perfect. So, the next question I have is, what are your thoughts on the weight loss medications, prescribed by doctors.

340 "Allison oaks" (3457099776)

00:49:59.340 --> 00:50:05.430

That are gaining popularity right now like, we'll go and all all of those different ones.

341 "Danielle" (397018112)

00:50:06.205 --> 00:50:15.745

Yeah, so I think the research that I've read shows that they can be pretty effective for people who have diabetes, which is why they

weren't created.

342 "Danielle" (397018112)
00:50:15.775 --> 00:50:24.295

I'm thinking about like the Olympic and stuff and the other research shows that using them for weight loss. It works great while you're using it.

343 "Danielle" (397018112)
00:50:24.540 --> 00:50:34.140

Um, so I have a number who was using it, and it was around a 1000 dollars a month. Um, so it's a very expensive way to basically.

344 "Danielle" (397018112)
00:50:34.140 --> 00:50:48.840

Totally override your appetite and internal cues, um, where you're just not hungry and it is effective for weight loss in the short term. Um, but the research shows that, once you stop taking the medication, you typically gain the weight back and resume back to your normal appetite.

345 "Danielle" (397018112)
00:50:48.840 --> 00:50:54.570

So, I am not a big fan. I encourage people to ask questions that they're thinking about it.

346 "Allison oaks" (3457099776)
00:50:54.570 --> 00:51:00.630

Perfect, thank you. Okay and then 1 additional question.

347 "Allison oaks" (3457099776)
00:51:00.630 --> 00:51:05.730

Someone asked what is a wheat neutral type of program.

348 "Allison oaks" (3457099776)
00:51:05.730 --> 00:51:10.260

Oh, wait you to what? I've wait neutral program.

349 "Danielle" (397018112)
00:51:10.260 --> 00:51:14.850

Like, for, um.

350 "Allison oaks" (3457099776)
00:51:14.850 --> 00:51:20.310

Improving had mentioned it on the 1 slide.

351 "Danielle" (397018112)
00:51:20.310 --> 00:51:33.960

About being weight neutral. Yeah. So basically, if you think about, like, when we're doing research, right? They're, they're trying to put

interventions to see outcomes. The wait neutral program really is just.

352 "Danielle" (397018112)

00:51:33.960 --> 00:51:45.840

You know, it could be, um, giving nutrition recommendations. It could be working on mental health. It could be talking about movement. So, basically it's a lot of help promoting behaviors without focusing on weight.

353 "Danielle" (397018112)

00:51:45.840 --> 00:52:00.745

A lot of like, public health programs or interventions really focus on on weight loss as the measure of success in a study. And so they're just trying to see, like, you know, you know, can we improve health without talking about weight essentially.

354 "Allison oaks" (3457099776)

00:52:04.050 --> 00:52:13.170

That's okay. Thank you so much. All right and 1 more question we have here.

355 "Allison oaks" (3457099776)

00:52:13.170 --> 00:52:25.650

Let's see, what are some of your favorite options for joyful movement and do you have any suggestions for how to combat the internalized fear or shame of being fat inactive in public.

356 "Danielle" (397018112)

00:52:26.965 --> 00:52:40.315

Yeah, so I would say, I'm a person of mid size, not like a mid sized minivan, but so I personally haven't experienced, like, being shamed at the gym, at least not to my face or shame in public.

357 "Danielle" (397018112)

00:52:40.825 --> 00:52:45.055

So, there's so many great resources online, like, just even typing in, like.

358 "Danielle" (397018112)

00:52:45.650 --> 00:52:52.860

Tally Ray, she's an intuitive movement gal in the UK, but really.

359 "Danielle" (397018112)

00:52:52.860 --> 00:53:00.780

You know, finding, maybe a, um, a group that you really enjoy walking with a friend, um, you know, my favorite forms, the movement um.

360 "Danielle" (397018112)

00:53:00.780 --> 00:53:07.170

You know, I, my dad was a amateur bodybuilders, so I went to the gym a lot since.

361 "Danielle" (397018112)

00:53:07.255 --> 00:53:21.745

Like, 8th grade, and I hate the gym now, so I love yoga. I love being outside being outside is really important to me. So walking hiking. Um, I love bar classes, so anything that really makes you feel good.

362 "Danielle" (397018112)

00:53:21.775 --> 00:53:25.465

You know, it can look different. Some people love waking up at 6 and going to cross fit.

363 "Danielle" (397018112)

00:53:25.740 --> 00:53:31.285

I don't but other people do, so it's just really about finding what you enjoy,

364 "Danielle" (397018112)

00:53:31.585 --> 00:53:41.635

and maybe working with a dietician or therapist and talking about some of the fears with exercising a larger body because I definitely definitely can understand that.

365 "Allison oaks" (3457099776)

00:53:55.260 --> 00:54:03.300

Was there any more questions? Oh, yeah. Sorry. I have 1 more question here. Um.

366 "Allison oaks" (3457099776)

00:54:03.300 --> 00:54:13.470

For public, health, nutrition, education do you favor? Reviewing age appropriate portions and label reading built on my plate guidelines.

367 "Danielle" (397018112)

00:54:13.470 --> 00:54:21.030

So, what we do in our program is, I think my plate is a, is a great resource.

368 "Danielle" (397018112)

00:54:21.030 --> 00:54:24.120

I typically.

369 "Danielle" (397018112)

00:54:24.120 --> 00:54:34.705

You know, as far as portioning, I don't really do portioning as far as, like, trying to restrict portions. Um, I think it's just helpful to show them how to build a healthy plate.

370 "Danielle" (397018112)
00:54:35.575 --> 00:54:43.615
Ellen sater, who is a dietician whose study childhood feeding since the 80 s. she kind of has this she's.

371 "Danielle" (397018112)
00:54:43.920 --> 00:54:47.400
Created this kind of division of responsibility of it.

372 "Danielle" (397018112)
00:54:47.400 --> 00:54:50.460
You know, parents and caregivers are responsible for.

373 "Danielle" (397018112)
00:54:50.460 --> 00:54:54.480
Um, what has served when it served um.

374 "Danielle" (397018112)
00:54:54.480 --> 00:55:07.650
What when and where I think yeah, and then the child is responsible for how much of each item and so really, I would say it's about fostering healthy relationships with choosing a variety of foods.

375 "Danielle" (397018112)
00:55:07.650 --> 00:55:14.190
Not so much, like, looking at labels for kiddos. If that's what you were asking.

376 "Danielle" (397018112)
00:55:14.190 --> 00:55:20.670
But, yeah, that's kind of where I would think of a great nutrition program for, like, kids.

377 "Allison oaks" (3457099776)
00:55:21.115 --> 00:55:31.765
Thank you and there's 1 additional question that I'm actually going to answer and is, will you be sharing a recording of this webinar a webinar to attendees and yes,

378 "Allison oaks" (3457099776)
00:55:31.795 --> 00:55:40.045
we will have a recording of this that usually takes about a week for it to show up on our.

379 "Allison oaks" (3457099776)
00:55:40.380 --> 00:55:49.080
Website and that website again is these Sigma dot com slash eating disorders so you'll be able to find.

380 "Allison oaks" (3457099776)

00:55:49.080 --> 00:55:54.120

That record, or I would say, probably within a week.

381 "Allison oaks" (3457099776)

00:55:54.120 --> 00:56:02.490

Awesome. Okay. That's a great question. All right I think we're good with that. So all right well.

382 "Allison oaks" (3457099776)

00:56:02.935 --> 00:56:09.955

Thank you all so much for attending and thank you Daniel for providing all of this wonderful information for us today.

383 "Allison oaks" (3457099776)

00:56:10.855 --> 00:56:19.195

And again, if you have any questions about anything discussed today, please contact the eating disorder team by calling the number on the back of your insurance card.

384 "Allison oaks" (3457099776)

00:56:19.620 --> 00:56:30.870

And please be sure to mark your calendars to join us next month on July, 25 as we will be discussing myths and misconceptions of our.

385 "Allison oaks" (3457099776)

00:56:30.870 --> 00:56:34.350

Awesome. Thank you. Thanks, Danielle.