



## **Weight stigma in healthcare and Health At Every Size**

**– CPD activity**

**compiled by Samantha du Toit, Registered Dietitian, November  
2021**

### **PROGRAM**

- Article 1 and questionnaire: Joint international consensus statement for ending stigma of obesity. Rubino et al, 2020
- Article 2 and questionnaire: Weight stigma and health behaviours: evidence from the Eating in America study. Lee et al, 2020
- Article 3 and questionnaire: The well now course: a service evaluation of a health gain approach to weight management. Clarke et al, 2021
- Article 4 and questionnaire: Effects of weight-neutral approaches compared with traditional weight-loss approaches on behavioral, physical, and psychological health outcomes: a systematic review and meta-analysis. Dugmore et al, 2019
- Article 5 and questionnaire: Three positions on the fat body: evaluating the ethical shortcomings of the obesity discourse. Stefansdottir, 2020

- **Video 1**

<https://www.youtube.com/watch?v=88tWJ1p5d4o>

**Is Obesity a Choice? – Dr Giles Yeo (58 minutes, 2019)**

If you eat more calories than you burn, you will put on weight, but what is it in our genetics that makes some people eat more than others? It is clear that the cause of obesity is a result of eating more than you burn. It is physics. What is more complex to answer is why some people eat more than others? Differences in our genetic make-up mean some of us are slightly more hungry all the time and so eat more

than others. Giles Yeo explores how, in contrast to the prevailing view, obesity is not a choice. People who are obese are not bad or lazy; rather, they are fighting their biology.

Dr Giles Yeo is a geneticist with over 20 years' experience dedicated to researching the genetics of obesity. He obtained his PhD from the University of Cambridge and assisted the ground-breaking research that uncovered key pathways in how the brain controls food intake. His current research focuses on understanding how these pathways differ from person to person, and the influence of genetics in our relationship with food and eating habits. He is based at MRC Metabolic Diseases Unit, where he is Principal Research Associate, and is a fellow and graduate tutor at Wolfson College. This talk and Q&A was filmed in the Ri on 1 November 2019.

- **Video 2**

<https://www.youtube.com/watch?v=HS2RzGEdOsc>

**Health At Every Size®: Redefining priorities to health and well-being (41 minutes, 2020)**

Patients are often encouraged by the healthcare team to lose weight to improve health. Yet, dieting and focusing on weight, size or shape can lead to negative consequences. This session will introduce the audience to Health At Every Size® (HAES®) – an approach that promotes health and well-being without weight as the focus. Speaker: Maria Ricupero, MHS, RD, CDE Nutrition Consulting Email: maria@mariaricupero.ca Website: www.mariaricupero.ca

- **Video 3**

<https://www.youtube.com/watch?v=Zq3UuqvHVOI>

**When Your Client Says, "But I Need to Lose Weight!" (52 minutes, 2017)**

Speakers: Julie Duffy Dillon, MS, RD, NCC, LDN, CEDRD, Aaron Flores, RDN, Marsha Hudnall, MS, RD, CD, Kori Kostka, BSc, RD (moderated by Dawn Clifford, PhD, RD) As a HAES® practitioner, you want to support your clients in healing their relationship with food and overcoming body hate, using a weight-inclusive approach. Your client hopes, prays, and pleads that weight loss will be an outcome of this healing process. How do you validate their concerns while also communicating the futility of trying to control the number on the scale? Four registered dietitians provide answers to this question with practical tips and strategies.

- **Video 4**

<https://www.youtube.com/watch?v=1boFufoin6g>

**What is "normal eating"? with Ellyn Satter – The Dr Taz Show (27 minutes, 2020)**

Forget the dos and don'ts of healthy eating and instead choose to eat competently. So often, weight loss diets focus solely on the foods you should or shouldn't eat. But, according to dietitian and family therapist Ellyn Satter, positive eating habits have more to do with eating attitudes and behaviors than the foods you choose. Satter emphasizes that people should enjoy what they're eating and focus on food competence. Food competence comes down to feeding yourself faithfully and giving yourself permission to eat. People who eat competently tend to weigh less and have

a more stable weight than those who don't. Three of the primary elements of eating competently are: Creating a structure around your eating habits. Creating an experience around eating. Trusting yourself to get interested in new foods. Listen as Ellyn Satter joins Dr. Taz to discuss competent eating.

- **Video 5**

<https://www.youtube.com/watch?v=GQJ0Z0DRumg>

**Why Calories Don't Count – Dr Giles Yeo (49 minutes, 2021)**

All of the calorie counts you see on food today are wrong. Obesity researcher Giles Yeo shows why calories are not created equal. Giles Yeo explores what your environment has to do with your bodyweight, the science behind why popular diets succeed, at least in the short term, and why they ultimately fail. Dr Giles Yeo is a geneticist with over 20 years' experience dedicated to researching the genetics of obesity. He obtained his PhD from the University of Cambridge and assisted the ground-breaking research that uncovered key pathways in how the brain controls food intake. His current research focuses on understanding how these pathways differ from person to person, and the influence of genetics in our relationship with food and eating habits. He is based at MRC Metabolic Diseases Unit, where he is Principal Research Associate, and is a fellow and graduate tutor at Wolfson College. Giles also moonlights as a science presenter for the BBC. He lives in Cambridge with his family.