



Happy & Healthy at EVERY Size

Impact of Traditional Approaches

- Body Image - damages body image & self esteem
- Trust of Body - dieters learn to mistrust their own body & judgment
- Sustainability - any weight loss is rarely maintained for more than 2 years
- Regain - dieters tend to regain more weight than originally lost

Health @ Every Size Research by Linda Bacon

Size Acceptance & Intuitive Eating Improves Health in Obese Female Chronic Dieters in the Journal of American Dietetics Association (2005)

- Study inclusion - women, ages 30-45, BMI>30
- Design - randomized
 - HAES Group - weekly classes x 6 months, monthly support x 6 months
 - Diet Group - weekly classes x 6 months, monthly support x 6 months
- Outcomes at 2 years
 - Attrition: 42% of diet group dropped out; 8% of the HAES group dropped out
 - Weight loss: initial weight loss in diet group but regained; no weight loss in HAES group
 - Total cholesterol, LDL & systolic blood pressure: improved in HAES group, not in diet group
 - Depression scores: less depression for HAES group but not diet group
 - Self-esteem scores: improved self-esteem scores for HAES; worsened self-esteem scores for diet group

Health @ Every Size Program at Holland Hospital

- Class details & process
 - Free orientation meeting
 - Registration & health release
 - Collection of baseline data & wellness coaching visit
 - Weekly 90 minute classes x 12 weeks
 - Monthly 60 minute support classes (optional)
 - Cost \$150
 - Collection of additional data at program completion, 6, 12, & 24 months
- Preliminary findings at 6 months
 - 17 women, over age 18, BMI>25
 - No significant change in weight
 - Significant improvement in self-esteem, triglycerides & physical activity level



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Class Outline:

- Class #1 Introductions - Class Overview
 People Bingo

- Class #2 Rejecting Diet Mentality – Embracing Mindful Eating
 Yoga

- Class #3 Emotional Hunger - Honor Your Hunger
 Chair Exercises

- Class #4 Making Peace with Food - Feel Your Fullness
 Panel Discussion

- Class #5 Weaving the Fundamentals

- Class #6 Body Positive: Building Body Confidence
 Fun Fitness

- Class #7 Managing Stress: Journaling & Progressive Relaxation
 Fitness At Home

- Class #8 Self-Esteem for Every BODY

- Class #9 Say What You Mean – Mean What You Say

- Class #10 Life’s Purpose & Meaning

- Class #11 Integrating the Concepts - The Next Leg of the Journey

- Class #12 Embodying H@ES & Celebration!

Resources:

- Bacon, L. (2008). *Health at Every Size: The Surprising Truth About Your Weight*. Benbella Books: Dallas, TX.
- Hutchinson, M. G. (1999). *200 Ways to Love the Body You Have*. Crossing Press: Freedom, CA
- Tribole, E. & Resch, E. (1995). *Intuitive Eating: A Revolutionary Program that Works*. St. Martin’s Press: New York, NY