

Nutrition Month 2021

WEEK 2: HEALTH AT EVERY SIZE, DIET CULTURE, & INTUITIVE EATING

WEIGHT ≠ HEALTH

Health and well-being involve **multidimensional factors**, such as social, emotional, physical, environmental, mental, and spiritual factors. While physical factors play a role in a person's health, they are not the sole indicators. Weight is a physical factor that is commonly equated to health in our society. However, weight is variable as it is affected by **many** factors, such as genetics, stress, age, sex, sleep, mental health, medications, and hormonal changes. Weight is not a valid indicator of health on its own; therefore, **health is not a size!**

(1) <https://nutritionj.biomedcentral.com/articles/10.1186/1475-2891-10-9>

(2) https://lindobacon.com/HAESbook/pdf_files/HAES_Manifesto.pdf

(3) https://lindobacon.com/HAESbook/pdf_files/HAES_Moving%20On.pdf

ACTIONS FOR IMPROVED HEALTH

HAES calls for a focus on **improving behaviours** rather than on weight or body size.

- **Nourish** yourself regularly throughout the day with food you enjoy, including food that supports your health (e.g., whole grains, fruits and vegetables, lean proteins).
- Both quantity and quality of **sleep** are important. Canadian adults are recommended to get 7-9 hours of sleep every night.
- Physical activity is beneficial for health. Practice **joyful movement** - do what makes you feel good! (e.g., walking, biking, gardening)
- Stay **connected** with friends and family. Social connections are vital for mental, physical, and emotional wellness.

(9) <https://www.canada.ca>

(10) <https://chemistry-europe.onlinelibrary.wiley.com/doi/full/10.1002/cbic.201900285>



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HEALTH AT EVERY SIZE (HAES)

Diet culture is a system of beliefs that promotes weight loss, idealizes thinness, & restricts certain foods while elevating others. It oppresses those who do not match the supposed picture of health, and can have **serious negative effects** on a person's health. HAES rejects diet culture & instead accepts and respects the **diversity** of all body sizes. HAES promotes eating in a manner that balances individual nutritional needs, hunger, fullness, satisfaction, & pleasure **without restriction**.

(4) <https://christyharrison.com/blog/what-is-diet-culture>

(5) <https://asdah.org/health-at-every-size-haes-approach/>

(6) <https://www.intuitiveeating.org/10-principles-of-intuitive-eating/>

(7) <https://pubmed.ncbi.nlm.nih.gov/25754299/>

(8) <https://alissarumsey.com/resources/>

ACTIVITY: SURVEY

- Complete our quick, 3-question survey to be entered to win a \$25 giftcard!

<https://www.surveymonkey.com/r/RQJH2QX>

DID YOU KNOW?

Services of a Registered Dietitian may be covered by your insurance.

Check out this link to see what services you are covered for:

<https://wellness.usask.ca/benefits/plans.php>