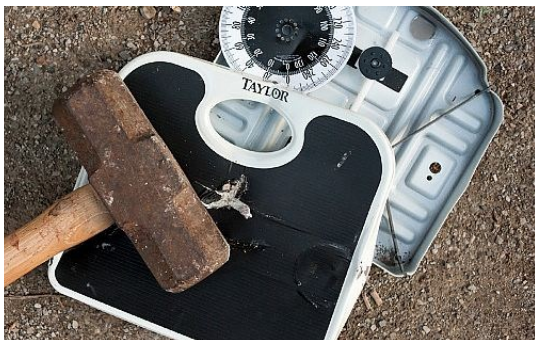


## Weight Inclusive Healthcare, Part 2

Last month, we focused on the basics of Weight Neutral/Weight Inclusive healthcare. This month will be a deeper dive into the topics of weight cycling, Intuitive Eating, Health at Every Size<sup>®</sup>, diet culture and size discrimination, and how they can affect health outcomes.

### What is weight cycling?

- ⇒ The repeated loss and re-gain of weight
- ⇒ Also called “yo-yo dieting”
- ⇒ Contributes to negative mental and physical health effects (including higher risk for osteoporosis, gallstones, chronic inflammation, hypertension, and binge eating or disordered eating behaviors)



Research has shown that maintaining a stable weight (even for people in larger bodies) is associated with an overall lower mortality risk, and weight cycling is associated with a higher mortality risk.

### \*A note about language:

- ⇒ the word “fat” is being used as a neutral descriptor, not a slur or insult
- ⇒ The terms “obese”, “obesity” and “overweight” are stigmatizing (“obese” is from a Latin word meaning “to eat oneself fat”)

***Building Strong and Vibrant New York Communities***



Equating Thinness with Health



Associating worth with what or how you eat..



Scale dictates happiness or worth

## What is diet culture?

⇒ The societal belief that thinness equals health and moral virtue



Fatphobia and Weight Bias and Stigma

**EXERCISE**

Is a Punishment  
Focus is Weight Loss

⇒ The pressure to maintain a specific weight, body size or physical “look”

## Diet Culture



Labeling of Foods as “Good” or “Bad,”  
Moralizing Food Choices



Diet Industry is a  
76 Billion Dollar Industry  
Capitalizing on Insecurities



Heirarchy of Bodies  
Discrimination  
Against “Larger Bodies “

⇒ The way people are treated based on how they look (thin people treated better than fat people)

⇒ Using movement/ exercise as punishment, or to earn food

⇒ Using food rules and restriction to manipulate body size (which often leads to disordered eating or eating disorders)

⇒ Moralizing food, or labeling it as “good” or “bad”

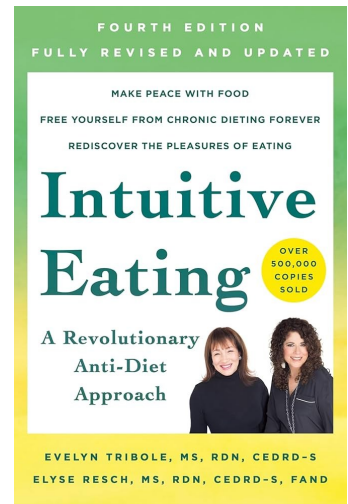
## What is Size Discrimination?

- ⇒ The unfair treatment of someone based on their size/weight
- ⇒ Seen in every facet of society
- ⇒ Can lead to worse healthcare outcomes (delayed care or misdiagnosis)



## What is Intuitive Eating?

- ⇒ An alternative to diets, weight management, weight loss
- ⇒ Developed in the 1990's by 2 dietitians, Evelyn Tribole and Elyse Resch
- ⇒ A way to make peace with food and your body
- ⇒ A framework used by IE-certified dietitians to help people repair their relationship with food and their bodies



## What is Health at Every Size®?

- ⇒ A challenge to the weight-centric healthcare model, developed by the Association for Size Diversity and Health (ASDAH)
- ⇒ The belief that working towards health and well-being does not need to center on weight loss
- ⇒ A framework that relies on 5 principles:
  1. Weight inclusivity
  2. Health enhancement
  3. Respectful care
  4. Eating for well-being
  5. Life-enhancement movement



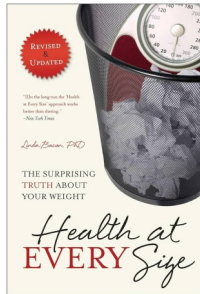
## Resources for Learning More:

### Websites:

Health at Every Size® Healthcare  
Provider Listing: [https://asdah.org/  
listing/](https://asdah.org/listing/)

Intuitive Eating: [https://  
www.intuitiveeating.org/](https://www.intuitiveeating.org/)

HAES® Health Sheets: [https://  
haeshealthsheets.com/](https://haeshealthsheets.com/)



**Resources:** [https://christyharrison.com/what-is-  
weight-cycling](https://christyharrison.com/what-is-weight-cycling)

<https://www.colorado.edu/studentlife/diet-culture>

[https://www.nationaleatingdisorders.org/  
recognizing-and-resisting-diet-culture/](https://www.nationaleatingdisorders.org/recognizing-and-resisting-diet-culture/)

[https://hsph.harvard.edu/research/health-  
communication/creator-program/creator-  
resources/unpacking-fatphobia-weight-  
discrimination/](https://hsph.harvard.edu/research/health-communication/creator-program/creator-resources/unpacking-fatphobia-weight-discrimination/)

[https://wellbeing.jhu.edu/blog/2023/02/20/health-  
-at-every-size/](https://wellbeing.jhu.edu/blog/2023/02/20/health-at-every-size/)

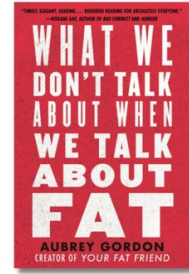
**Consumer-centered access for  
long-term care information,  
referrals and assessments.**

**For information,  
call 518-382-8481, #9, ext. 304**



Schenectady County Department of Senior and Long Term Care Services denies no person services or access to service based upon race, color, sex, religion, national origin, marital status and/or handicapping conditions. Schenectady County Department of Senior and Long Term Care Services is primarily funded with County tax dollars. Supplemental funding is through the New York State Office for the Aging under Title III-B/D, III-C-1, III-C-2, III-F of the Federal Older Americans Act, and New York State Expanded In-Home Services for the Elderly (EISEP), Community Services for the Elderly Act (CSE), Congregate Services Initiative (CSI), and the Wellness In Nutrition (WIN). OFA May 2026

### Books:



[What We Don't Talk About When We  
Talk About Fat](#) by Aubrey Gordon

["You Just Need to Lose Weight" and  
19 Other Myths About Fat People](#) by  
Aubrey Gordon

[The Body is Not an Apology](#) by Sonya  
Renee Taylor

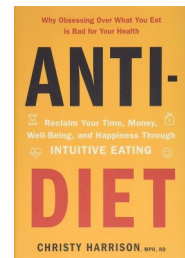
[Anti-Diet](#) by Christy Harrison

[Health at Every Size](#) by Linda Bacon

[Body Respect](#) by Linda Bacon

[Body of Truth](#) by Harriet Brown

[Intuitive Eating](#) by Evelyn Tribole and  
Elyse Resch



**Do you have questions or concerns about what to eat?**

If you are participating in services offered by Schenectady County's Senior and Long Term Care services, you are eligible for a free consultation with Debbie Griswold, Registered Dietitian.

Call Cornell Cooperative Extension, Schenectady County at 518-372-1622, ext. 269 to contact or leave a message.

**Check out our website for nutrition resources: [http://  
ccschenectady.org/nutrition-for-seniors](http://ccschenectady.org/nutrition-for-seniors)**