

Health & Weight Handout Bundle

For intuitive eating & eating disorder recovery

Causes of Disease

Modern research shows that there are a number of factors contributing to increased disease in folks with larger bodies:

Here are some:

- Weight Cycling
- Weight Stigma
- Discrimination

1) Weight cycling: This is the process of losing weight with yo-yo dieting. Research shows that increased levels of cortisol (a stress hormone) result in inflammation, hypertension, cardiovascular

2) Weight stigma: Research further shows that increased levels of cortisol (a stress hormone) which is the accumulation of exposure to chronic stress is shown to be an independent risk factor for various health concerns, amongst many, including diabetes, cardiovascular disease, and mortality.

3) Discrimination: Due to the many assumptions about bodies, there is deep bias and fat phobia that leads to the mistreatment of individuals in larger bodies who are such as not having blood pressure cuffs that fit measurements, not having chairs in a waiting room, or having medical gowns of adequate sizes. (not to be confused with the assumption that weight loss is a solution to various health concerns, amongst many, including diabetes, cardiovascular disease, and mortality.)

Not surprisingly, this rampant discrimination results when they need it due to fears of being stigmatized, resulting in an increase in disease within folks with larger bodies.

Body Diversity

When talking about what determines a healthy weight, it's important to start with acknowledging diversity. Humans are diverse in all kinds of ways including race, ethnicity, gender, and beliefs, to name a few.

Unfortunately, when it comes to weight and body shape, diet culture teaches us that we should nearly fit into boxes that are considered "normal" or "healthy". This boxes the inherent truth that people are, and have always been, diverse in size and shape. Society's lack of acceptance of all sizes causes many problems including discrimination against people in larger bodies, fat phobia, body shame, disordered eating, and disordered

We don't give our bodies nearly enough credit for how amazing they are. We've learned to survive and keep us alive, but we haven't learned to love ourselves. When we're taking care of ourselves, we're taking care of our bodies. Our bodies are naturally diverse and we're all meant to be. Our bodies are naturally diverse and we're all meant to be. Our bodies are naturally diverse and we're all meant to be.

Changes in one's body can feel scary and uncomfortable. At the same time, it's important to be compassionate to ourselves and normalize this as a part of being human.

What is a Healthy Weight?



Reflections

Take a moment to reflect on the things you've been told or taught about what determines a healthy weight. Write down any thoughts that come to mind.

Preview

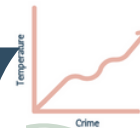
How have these messages impacted your relationship with your body?



Health and Weight

Of the BMI scale, we make so many assumptions and conclusions about a person's health based solely on their weight and size. For example, we assume that people in larger bodies are unhealthy regardless of their behaviors or health. Conversely, it is assumed that people in smaller bodies are healthy when they may be very unhealthy or ill. The truth is, we can't determine the health of an individual based on their weight or size. We need to see a correlation between increased disease in folks in larger bodies and their weight, and for this, we need to review the difference between correlation and causation.

made-up example to highlight the difference:



Just because ice cream sales and crime increase when temperature rises, it doesn't mean that ice cream is causing crime to rise because these two things are both influenced by a third factor: temperature. It's important to be logical and not think that just because two things are related, one is causing the other. When in fact they may be related, it's important to be logical and not think that just because two things are related, one is causing the other. When in fact they may be related, it's important to be logical and not think that just because two things are related, one is causing the other.

Body Mass Index

We've all heard of the Body Mass Index, or BMI, which is a commonly used tool in healthcare that looks at two data points: a person's height and weight. Based on this information, the BMI scale classifies weight ranges into several categories: "underweight", "normal weight", "overweight", and "obese".

Higher BMI and disease. Healthcare providers often use BMI to make recommendations to lose weight for those with the intention to improve a person's health.

But

the BMI scale as we know it today was originally never used as a tool to measure individual health. So how did this

originate in the 1800's from a Belgian scientist named Adolphe Quetelet? He was interested in observing patterns in data on height and weight from a population of French men. When plotting this data was that a bell-curve emerged in the middle range, although there was a spectrum of "the curve" this became known as "Quetelet's Index". With discovering characteristics and features of an ideal man, Quetelet's Index was a part of the racist and ableist movement known as eugenics, which was a part of the racist and ableist movement known as eugenics, which was a part of the racist and ableist movement known as eugenics.

Quetelet's Index was a part of the racist and ableist movement known as eugenics, which was a part of the racist and ableist movement known as eugenics, which was a part of the racist and ableist movement known as eugenics.

Quetelet's Index was a part of the racist and ableist movement known as eugenics, which was a part of the racist and ableist movement known as eugenics, which was a part of the racist and ableist movement known as eugenics.