

## Resource List Weight Realities Division of the Society for Nutrition Education and Behavior

### Organizations and Websites

1. **A Weigh Out** ([www.aweighout.com](http://www.aweighout.com)). E-newsletter for people who are "ready to explore how their life might be different if they could stop obsessing about food, diets, weight, and body dissatisfaction."
2. **About Face** ([www.about-face.org](http://www.about-face.org)). A media literacy organization focused on the impact mass media has on the physical, mental, and emotional well-being of women and girls. Works to engender positive body-esteem in women and girls of all ages, sizes, races, and backgrounds.
3. **After the Diet** ([www.afterthediet.com](http://www.afterthediet.com)). A website designed to help "humans with eating problems".
4. **Am I Hungry?** ([www.amihungry.com](http://www.amihungry.com)). Created by author, Michelle May, MD, includes information on intuitive eating and ending yo-yo dieting.
5. **Association for Size Diversity and Health** ([www.sizediversityandhealth.org](http://www.sizediversityandhealth.org)). ASDAH is an international professional organization composed of individual members who are committed to the Health at Every Size<sup>SM</sup> principles.
6. **BBW Magazine** ([www.bbwmagazine.com](http://www.bbwmagazine.com)) The Power of Plus!
7. **BodyImageHealth.org** [bodyimagehealth.org/](http://bodyimagehealth.org/)
8. **Body Positive** ([www.bodypositive.com](http://www.bodypositive.com)). Created by psychologist Debby Burgard, includes resources to encourage people to find greater well-being in the body they have - rather than "living above the chin" until they lose weight.
9. **The Body Positive** ([www.thebodypositive.org](http://www.thebodypositive.org)). Mission is to empower people of all ages, especially our youth, to celebrate their natural size and shape instead of what society promotes as the ideal body. The organization's straightforward and compelling programs include producing engaging videos and training adult and youth leaders nationwide to help combat body hatred and the early onset of eating disorders.
10. **Bullying** ([www.bullying.org](http://www.bullying.org)). Site written by students on bullying and weight prejudice among youth.
11. **Canadian Association for the Advancement of Women and Sport and Physical Activity** ([www.caaws.ca](http://www.caaws.ca)). Info that also leads you to the Girls @ Play network.
12. **CANFit** ([www.canfit.org](http://www.canfit.org)). California Adolescent Nutrition and Fitness Program. Works to improve food & fitness policies & practices of low income communities of color.
13. **Center for Weight and Health at U.C. Berkeley** ([www.cnr.berkeley.edu/cwh/](http://www.cnr.berkeley.edu/cwh/)). Facilitates interactions among researchers, policy makers, and community based providers from various disciplines and institutions who are concerned about weight, health, and food security, & promotes collaboration on projects between professionals and members of diverse communities.
14. **Council on Size and Weight Discrimination** ([www.cswd.org/](http://www.cswd.org/)). Nonprofit which works to change people's attitudes about weight & acts as a consumer advocate for larger people, especially in the areas of medical treatment, job discrimination, and media images.
15. **Dads and Daughters** ([www.dadsanddaughters.org](http://www.dadsanddaughters.org)) National nonprofit which strengthens father-daughter relationships & battles pervasive cultural messages that value daughters more for how they look than who they are.
16. **Eating Disorder Referral and Information Center** ([www.edreferral.com](http://www.edreferral.com)) International eating disorder referral organization based in CA.
17. **Eating Normal** [www.eatingnormal.com/](http://www.eatingnormal.com/) Karen Koenig's website
18. **Ellyn Satter Associates** <http://www.ellynsatter.com>
19. **Fatso** ([www.fatso.com](http://www.fatso.com)). Website for people "who do not apologize for their size".
20. **Food and Nutrition Information Center** ([www.nal.usda.gov/fnic/pubs\\_and\\_db.html](http://www.nal.usda.gov/fnic/pubs_and_db.html)). National clearinghouse that offers information on a range of topics. An up-to-date resource list on eating disorders may be printed from this website. The resource list can be found at: <http://www.nal.usda.gov/fnic/pubs/bibs/gen/eatingdis.htm>
21. **Girls, Inc.** ([www.girlsinc.org](http://www.girlsinc.org)). National organization dedicated to helping every girl become strong, smart and bold. Educational programs and activities
22. **Girl Power** ([www.girlshealth.gov/](http://www.girlshealth.gov/)) National public education campaign sponsored by HHS to encourage & motivate 9-14 year old girls to make the most of their lives by targeting health messages to their unique needs, interests, and challenges
23. **Girl Zone** ([www.girlzone.com](http://www.girlzone.com)). Site targeted to teenage girls that addresses a range of issues, including body changes, self-esteem, peer pressure, physical activity, and diets in an informal and fun way. Girls can learn about the cons of dieting and eating disorders through journals written in teens' own voices.
24. **Gurze Books** ([www.bulimia.com](http://www.bulimia.com)). Online bookstore of books on eating disorders and body image issues.

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25. **The Healthy Weight Network** ([www.healthyweightnetwork.com](http://www.healthyweightnetwork.com)). Site highlights resources and information by recognized scientific experts. It includes authoritative, scientific research on dieting, the failure of weight loss programs, eating disorders, obesity, overweight, size acceptance, diet quackery, and moving ahead with the nondiet health at any size paradigm.
26. **Hugs, International.** ([www.hugs.com](http://www.hugs.com)). The “alternative to dieting” website. Information on the nondiet approach to health and wellness for both health professionals and lay public.
27. **Intuitive Eating.** (<http://www.intuitiveeating.com/>) Tribole and Resch's website
28. **Just Think Foundation** ([www.justthink.org](http://www.justthink.org))- Information for students, educators and the entertainment industry on promoting media literacy.
29. **Largesse: the Network for Size Esteem** ([www.eskimo.com/~largesse/](http://www.eskimo.com/~largesse/)). International clearinghouse for information on size diversity empowerment.
30. **Media Awareness Network** (Health Canada) [www.media-awareness.ca](http://www.media-awareness.ca) Resources on media awareness.
31. **Mind on The Media.** ([www.mindonthemedia.org](http://www.mindonthemedia.org)). Information on independent thinking and fostering critical analysis of the media message.
32. **Melpomene** ([www.melpomene.org](http://www.melpomene.org)). Fitness for women and girls.
33. **NAAFA** ([www.naafa.org](http://www.naafa.org)). National Association to Advance Fat Acceptance. Non-profit human rights organization dedicated to improving the quality of life for fat people. Working since 1969 to eliminate discrimination based on body size and provide fat people with the tools for self-empowerment through public education, advocacy, and member support.
34. **National Eating Disorders Association** ([www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)). Information on treatment and prevention of eating disorders.
35. **National Eating Disorder Information Centre**, Toronto, ON ([www.nedic.ca](http://www.nedic.ca))
36. **New Moon** ([www.newmoon.com](http://www.newmoon.com)). Publishes two periodicals: New Moon: The Magazine for Girls and Their Dreams (for girls 8-12), and New Moon Network (for Adults Who Care About Girls). These bimonthly companion publications are devoted to nurturing the development of strong, confident girls. New Moon magazine has news and fiction for and about girls, without the usual diet, clothes, and boys articles. Duluth, MN: New Moon Publishing
37. **Nourishing Connections** <http://www.nourishingconnections.com> Karin Kratina and Amy Tuttle's website
38. **Ontario Physical and Health Education Association** (OPHEA) [www.ophea.org](http://www.ophea.org)
39. **Partners in Nutrition, LLC** [www.partnersinnutrition.com](http://www.partnersinnutrition.com). Website listing services by dietitians using a health-centered approach to nutrition counseling.
40. **Promotion Plus: Girls and Women in Physical Activity and Sport** ([www.promotionplus.org](http://www.promotionplus.org)). British Columbia organization that promotes opportunities for girls and women in physical activity and sport.
41. **Radiance Magazine Online** ([www.radiancemagazine.com](http://www.radiancemagazine.com)). Devoted to the positive health and well-being of women. The kids' site extends support to youth around issues of body size acceptance and self-esteem. The kids' site not just for kids - for parents, teachers, counselors, and health professionals who love and work with them.
42. **Salal Communications, Inc.** ([www.salal.com](http://www.salal.com)). Resources developed by Sandra Friedman, therapist and educator, which address girls' and women's issues on size acceptance and eating disorders.
43. **Size Wise** ([www.sizewise.com](http://www.sizewise.com)). Size-friendly resources and information.
44. **Something Fishy.** [www.something-fishy.org](http://www.something-fishy.org). Information on eating disorders.
45. **The Student Body.** <http://research.aboutkidshealth.ca/thestudentbody/home.asp>. Canadian website which promotes "Health at Every Size" for kids.
46. **Teen Health** ([www.teenshealth.org](http://www.teenshealth.org)). Hundreds of articles for teenagers on keeping fit and a healthy, body, mind and soul.
47. **Voluptuart.** (<http://voluptuart.com/>). Art and gifts that portray bodies of all sizes, shapes, ethnicities, ages, and genders.
48. **Win Wyoming** (<http://www.uwyo.edu/WinTheRockies/winwyo.html>). WIN Wyoming (Wellness in Wyoming) is a 90-member multi-disciplinary, multi-agency network in Wyoming and 8 other states that seeks to educate people to respect body-size diversity and to enjoy the benefits of active living, pleasurable and healthful eating, and positive self-image.
49. **Women's Sports Foundation** ([www.womenssportsfoundation.org](http://www.womenssportsfoundation.org))

### Position Papers

1. Weight Realities Division of the Society for Nutrition Education. Guidelines for Childhood Obesity Prevention Programs: Promoting Healthy Weight in Children. *J Nutr Educ Behav.* 2003; 35:1-4. Available at: <http://www.sne.org/>.

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### Books, Pamphlets, and Educational Materials (2000-2010)

1. Bacon L. *Health at Every Size: The Surprising Truth about Your Weight*; 2008.
2. Baylor College of Medicine, Office of Health Promotion. *Help Your Child with Successful Weight Management*. Houston, TX: USDA/ARS Children's Nutrition Research Center; 2001. Available at [http://www.bcm.edu/cnrc/images/pdfs\\_nyc/childsweight.pdf](http://www.bcm.edu/cnrc/images/pdfs_nyc/childsweight.pdf). (4-page pamphlet; provides information on common causes of weight problems in children and offers suggestions for ways that families can work together to increase physical activity and have healthy eating habits)
3. Berg F. *Children and Teens Afraid to Eat: Helping Youth In Today's Weight-Obsessed World*. Hettinger, ND: Healthy Weight Publishing Network; 2001.
4. Berg F. *Underage & Overweight: America's Childhood Obesity Crisis-What Every Family Needs to Know*, Hatherleigh Press; 2004.
5. Bertell B. *Bountiful Women*. Wildcat Canyon Press; 2000.
6. Brannon-Quan T, Licavoli L. *Love Your Body: Change the Way You Feel about the Body You Have*. ??? 2007.
7. Cash TF. *Body Image Workbook: An 8-Step Program for Learning to Like Your Looks*, 2<sup>nd</sup> Ed. Oakland, CA: New Harbinger Publications; 2008.
8. Cordes H. *A Book about Girls, Their Bodies, and Themselves*. Minneapolis, MN: Lerner Publications Company; 2000.
9. Douglas A, Douglas J. *Body Talk: The Straight Facts about Fitness, Nutrition, and Feeling Great about Yourself*. Maple Tree Press; 2002. (Written by a mother and daughter)
10. Edut O. *Body Outlaws: Young Women Write About Body Image and Identity*. Seal Press; 2000.
11. Erdman C. *Live Large!: Affirmation for Living the Life You Want in the Body You Already Have*. Carlsbad, CA; 2003.
12. Friedman S. *When Girls Feel Fat - Helping Girls Through Adolescence*. Buffalo, New York: Firefly Books; 2000.
13. Gaesser G, Kratina K. *Eating Well, Living Well: When you can't diet*. Wheat Foods Council; 2000.
14. Gaesser G. *Big Fat Lies: The Truth about Your Weight and Health*. Carlsbad, CA: Gurze Books, 2002.
15. Holmes B, Pelican S, Vanden Heede F. *Let Their Voices Be Heard*. Discovery Action Publishing House. 2005. (Quotations from life stories related to physical activity, food and eating, and body image.)
16. Ikeda J. *If My Child is Overweight, What Should I Do about It?*. Davis, CA: University of CA ANR Communications. 2004. (20 page booklet which provides information on how to help overweight children. It is written in a question and answer format including how to tell if a child is overweight, how to talk to a child about weight, suggestions for healthy food choices and advice on increasing physical activity.)
17. Jackson C. Fat. . . So? *Teaching Tolerance*. 2007; 31. Available at: <http://www.tolerance.org/teach/magazine/features.jsp?p=0&is=40&ar=779>.
18. Kirberger K. *No Body's Perfect*. Scholastic, Inc.; 2003. (Stories by teens about body image, self-acceptance, and the search for identity.)
19. Kirberger K. *No Body's Perfect Journal*. Scholastic, Inc.; 2003. (Journal to accompany *No Body's Perfect* with thought-provoking questions designed specifically for teens in helping them to think about their body in a whole new way.)
20. Kratina K, King NL, Hayes D. *Moving Away From Diets: Healing Eating Problems and Exercise Resistance*, 2<sup>nd</sup> ed. Lake Dallas, TX: Helm Publishing; 2003.
21. Koenig K. *The Rules of Normal Eating*. Carlsbad, CA: Gurze Books; 2005.
22. Lyons P, Burgard D. *Great Shape: the First Fitness Guide for Large Women*. Lincoln, NE: iUniverse.com, 2000.
23. Oliver JE. *Fat Politics: The Real Story Behind America's Obesity Epidemic*. Oxford University Press; 2006
24. Omichinski L. *Staying Off the Diet Roller Coaster*. [www.hugs.com](http://www.hugs.com); 2000. Accessed June 1, 2010
25. Satter E. *Child of Mine: Feeding with Love and Good Sense*. Palo Alto, CA: Bull Publishing Company; 2000.
26. Satter E. *Your Child's Weight: Helping Without Harming, Birth through Adolescence*. Kelcy Press; 2005.
27. Satter E. *Secrets of Feeding a Healthy Family*. Madison, WI: Kelcy Press; 2008.
28. Solovay S. *Tipping the Scales of Justice: Fighting Weight-Based Discrimination*. Prometheus Books; 2000. (Written by an attorney at the forefront of fighting discrimination based on size.)
29. Tribole E, Resch E. *Intuitive Eating: A Revolutionary Program that Works*, 2<sup>nd</sup> Ed. New York, NY: St. Martin's Paperbacks; 2003.

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### Books, Pamphlets, and Educational Materials (1999 & older)

1. Berg F. *Women Afraid to Eat: Breaking Free in Today's Weight-Obsessed World*. Hettinger, ND: Healthy Weight Publishing Network; 1999.
2. Bruno BA. *Worth Your Weight: What You Can Do About a Weight Problem*. Rutledge Books, Inc; 1996. (Written by a clinical social worker and psychotherapist who encourages large people to take themselves seriously, as worthy and deserving)
3. Cooke K. *The Truth about Body and Beauty*. WW Norton and Company; 1998.
4. Erdman C. *Nothing to Lose - Sane Living in a Larger Body*. Harper Collins; 1996.
5. Erdman C. *Live Large!: Ideas, Affirmations & Actions for Sane Living in a Larger Body*. Harper Collins; 1997.
6. Ikeda J, Naworski P. *Am I Fat?: Helping Young Children Accept Differences in Body Size*. Santa Cruz, CA: ETA Assoc.; 1993.
7. Goodman WC. *The Invisible Woman: Confronting Weight Prejudice in America*. Carlsbad, CA: Gurze Books; 1995.
8. Hirschmann JR, Munter CH. *When Women Stop Hating Their Bodies: Freeing Yourself from Food and Weight Obsession*. New York, NY: Fawcett Books; 1996.
9. Holmes B. *Childhood and Adolescent Obesity in America: What's a Parent to Do?* Laramie, WY: University of Wyoming; 1998. Available at <http://ces.uwyo.edu/pubs/b1066.pdf>. (12-page booklet; provides an overview on the failure of dieting, size acceptance, normal and healthy eating, the importance of physical activity, and successful strategies for parents of overweight children. )
10. Johnson CA. *Self-Esteem Comes in All Sizes; How to Be Happy and Healthy at Your Natural Weight*. Doubleday; 1996. (Inspiring book that encourages people above average size to accept themselves and focus on health and well-being rather than weight loss)
11. Kilbourne J. *Can't Buy my Love: How Advertising Changes the Way We Think and Feel*. New York: Touchstone; 1999.
12. Krames Communications. *Living in a Healthy Body (Pamphlet)*. [www.krames.com](http://www.krames.com); 1995. (15-page client pamphlet promoting lifestyle change rather than weight loss)
13. MacKoff B. *Growing a Girl: Seven Strategies for Raising a Strong, Spirited Daughter*. New York: Dell Publishing; 1996.
14. Manheim C. *Wake Up, I'm Fat!* New York: Broadway Books. 1999.
15. Newman L. *Fat Chance*. New York: Putman & Grosset Group; 1994. (Novel for ages 12 & up)
16. Omichinski L. *You Count, Calories Don't*. Hodder & Stoughton; 1996. (Emphasizes healthy living as a journey of self-discovery, having fun along the way and growing in the process)
17. Satter E. *How to Get Your Kids to Eat...But Not Too Much*. Palo Alto, CA: Bull Publishing Company; 1987. *Treatment*
18. Sobal J, Maurer D. *Interpreting Weight: The Social Management of Fatness and Thinness*. New York: Aldine de Gruyter; 1999.
19. Sobal J, Maurer D. *Weight Issues: Fatness and Thinness as Social Problems*. New York: Aldine de Gruyter; 1999.
20. SNE Weight Realities Division. *Health At Every Size: A New Weight Paradigm*. Available from Eunice Bassler (ebassler@mail.iastate.edu) 2010. (PowerPoint summary of HAES principles.)
21. Sullivan J. *Size Wise; A Catalog of More Than 1000 Resources for Living with Confidence and Comfort at Any Size*. Avon Books; 1997.
22. Thompson JK, Heinberg LJ, Altabe M, Tantleff-Dunn S. *Exacting Beauty: Theory, Assessment, and of Body Image Disturbance*. Washington, D.C.: American Psychological Association; 1999.
23. Vandereycken W, Noordenbos G. *Studies in Eating Disorders - An International Series: The Prevention of Eating Disorders*. London: Athlone Press; 1998.
24. Wann M. *Fat! So? Because You Don't Have to Apologize for Your Size*. Berkeley, CA: Ten Speed Press; 1998.
25. Weight-control Information Network (WIN). *Helping Your Overweight Child*. Bethesda, MD: National Institutes of Health; 1997. Available at <http://www.niddk.nih.gov/health/nutrit/pubs/helpchld.htm>. Accessed June 2, 2010. (Booklet which provides information for parents on what causes children to become overweight, how to tell if a child is overweight and how to help an overweight child. Practical suggestions for helping children develop positive attitudes about eating and simple snack ideas are provided.)
26. Wiley C. *Journeys to Self-Acceptance: Fat Women Speak*. Trumansburg, NY: Crossing Press; 1998.

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### Curricula

1. Kater K. *Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!*, 2<sup>nd</sup> Edition. National Eating Disorder Association; 2005. Available at: <http://bodyimagehealth.org/curriculum.html>.  
(Contains scripted lessons for students in grades 4 – 6; may be adapted for any age, pre-school to adult)
2. O’Dea J. *Everybody’s Different: A Positive Approach to Teaching about Health, Puberty, Body Image, Nutrition*. Sydney, AUS: ACER (Australian Council for Educational Research); 2007. Available at: <http://www.newsouthbooks.com.au/isbn/0864317735.htm>.  
(Whole school intervention for teens of both sexes in Intermediate/High School)
3. Sobczak C, Scott E. *BodyTalk Curriculum & DVD’s*. Available at: [www.thebodypositive.org](http://www.thebodypositive.org).
  - a. *DVD & Curriculum 1(Grades 7-12)* presents youth from diverse backgrounds discussing the confusing messages they receive about their bodies, and how those messages impact their lives (28 min)
  - b. *DVD & Curriculum 2(Grades 4-6)* focuses on age-specific body esteem issues, including puberty, dieting, teasing and trying to fit in (20 min)
  - c. *DVD & Curriculum 3(Grades K-3)* teaches children that health can come at any size, how to eat in response to hunger and fullness and to move joyfully (20 min)
4. Steiner-Adair C, Sjoström L. *Full of Ourselves Curriculum*. New York, NY: Teachers College Press; 2006. Available at: [www.catherinesteineradair.com/full-of-ourselves.php](http://www.catherinesteineradair.com/full-of-ourselves.php).  
(Educational program that aims to sustain girls in their health and decrease their vulnerability to the development of body preoccupation and eating disorders. This is a primary prevention program aimed at a general (i.e., healthy) population of girls. Two distinct program phases are geared toward girls of different ages. During phase 1, a group of 6th, 7th or 8th graders completes the eight-unit curriculum under the guidance of one or two women leaders. During phase 2, these same girls become peer leaders and lead 1-5 sessions with 4th or 5th graders.

### Journal Articles

Bacon L, Stern J, Van Loan M, Keim N. Size acceptance and intuitive eating improve health for obese, female chronic dieters. *J. Am. Diet. Assoc.* 2005;105:929-936.

Bacon L, Keim N, Van Loan M, et al. Evaluating a "Non-diet" Wellness Intervention for Improvement of Metabolic Fitness, Psychological Well-Being and Eating and Activity Behaviors. *Int. J. Obes.* 2002;26(6):854-865.

Brown LB. Teaching the “Health At Every Size” Paradigm Benefits Future Fitness and Health Professionals. *J. Nutr. Educ. Behav.* 2009;41:144-145)

Goodrick GK, Poston II WSC, Kimball KT, Reeves RS, Foreyt JP. Nondiets versus dieting treatment for overweight binge-eating women. *J. Consult. Clin. Psychol.* 1998;66(2):363-368.

Hawks S, Madanat H, Hawks J, Harris A. The relationship between intuitive eating and health indicators among college women. *American Journal of Health Education.* Nov/Dec 2005;36(6):331-336.

Horacek T. Effectiveness of the “My Body Knows When” Intuitive-eating Pilot Program. *767 Am J Health Behav.* 2010 (in press);34(3):286-297.

Kristeller J, Hallett C. An exploratory study of a meditation-based intervention for binge eating disorder. *J Health Psychol.* 1999;4:357-363.

Provencher V, Begin C, Tremblay A, Mongeau L, Boivin S, Lemieux S. Short-Term Effects of a "Health-At-Every-Size" Approach on Eating Behaviors and Appetite Ratings. *Obesity.* 2007;15:957-966.

Provencher V, Begin C, Tremblay A, et al. Health-at-every-size and eating behaviors: 1-year follow-up results of a

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size acceptance intervention. *J. Am. Diet. Assoc.* Nov 2009;109(11):1854-1861.

Puhl RM, Moss-Racusin CA, Schwartz MB. Internalization of weight bias: Implications for binge eating and emotional well-being. *Obesity (Silver Spring)*. Jan 2007;15(1):19-23.

Smith T, Hawks S. Intuitive Eating, Diet Composition and the Meaning of Food in Healthy Weight Promotion. *Am. J. of Health Ed.* May/June 2006;37(3):130-136.

Steinhardt M, Bezner J, Adams T. Outcomes of a traditional weight control program and a nondiet alternative: a one-year comparison. *J. Psychol.* 1999;133:495-513.

Tylka T. Development and psychometric evaluation of a measure of intuitive eating. *J. of Counseling Psychol.* 2006;53(2):226-240.