

HEALTH FOR EVERY BODY

Making Peace

With Our Bodies & Our Food



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PARTNERSSM
Building Tomorrow's Workplace

Jon Robison, PhD, MS, MA

“At first, I thought Dr. Robison was misinformed or possibly a crank and I was wondering why NWI would give him a forum.

Then, I began to understand that I was the person who was misinformed.”

THE “WAR ON OBESITY”

Historical Context

US NEWS & WORLD REPORT

“Obesity has replaced vitamin deficiency diseases
as the #1 nutrition problem
in the United States today”

NEW YORK TIMES

“Overweight:
America’s #1 Health Problem”

NATIONAL INSTITUTES OF HEALTH

“Normal Americans are now so heavy that their weight is inducing excessive mortality”

“For the rest of the decade, these dire warnings continued unabated. Scientists were unequivocal. Overweight shortened life. Dieting and weight reduction lengthened it.” ‘Pleasingly plump’ was not just unfashionable, it was deadly.”

& More Rhetoric...

“When you look at obesity, what I call the terror within, a threat that is every bit as real to America as weapons of mass destruction....”

& More Rhetoric...

“The steady rise in life expectancy during the past two centuries may soon come to an end...obesity may shave up to 5 years off the average life spans in the coming years.”

The Reality...

“These are just back-of-the-envelope, plausible scenarios. We never meant for them to be portrayed as precise.”

The Obsession

- Unique Confluence of Social, Economic & Political Factors
- Diet-Pharmaceutical-Industrial Complex
- Fashion, Cosmetic, Fitness, Media
- Medical Establishment / Government

Public Health Calamity ?

- **Overweight** leads to premature death
- Overweight increases risk for disease
- Weight loss improves health / longevity

Body Mass Index

- “Normal” Weight = 18.5 – 24.9
- “Overweight” = 25 – 29.9
- “Obese” = 30 or greater

Body Mass Index

Latest BMI Guidelines

All adults with a BMI of 25 or higher
are considered “at risk”

64% of adult population

100 million Americans

Body Mass Index

BMI Treatment Guidelines

- Below 25 -
- 25 - 29.9 - diet, exercise, behavior modification
- ≥ 30 - above plus drugs
- ≥ 40 - above plus surgery

Body Mass Index

- Not a good predictor of fitness
- Not a good predictor of blood pressure
- Not a good predictor of mortality
- Not a good predictor of morbidity

Body Mass Index

- Does not account for gender
- Does not account for age
- Does not account for ethnicity
- Does not account for muscle mass

| NAME | BMI | WEIGHT STATUS |
|-----------------------|------|---------------|
| George W. Bush | 26.3 | Overweight |
| Will Smith | 27 | Overweight |
| Yao Ming | 27.7 | Overweight |
| George Clooney | 29 | Overweight |
| Johnny Depp | 29.8 | Overweight |
| Matt LeBlanc | 30 | Obese |
| Tom Cruise | 31 | Obese |
| Shaquille O'Neil | 31.6 | Obese |
| Arnold Schwarzenegger | 33 | Obese |

Body Mass Index

Association of bodyweight with total mortality and with cardiovascular events in coronary artery disease: a systematic review:

BMI was found to be a poor predictor of cardiovascular disease or total mortality

Body Mass Index

“BMI can definitely be left aside as a clinical and epidemiological measure of cardiovascular risk for both primary and secondary prevention”

Body Mass Index

“Although BMI is a generally convenient measure, it lacks a theoretical foundation and may be compromised by ethnic, cultural or lifestyle differences”

Body Mass Index

Do You Believe in Fairies, Unicorns or The BMI?



Stanford University, Mathematician

Dr. Keith Devlin

The “Math Guy” on NPR

Body Mass Index

Do You Believe in Fairies, Unicorns or The BMI?

“Since the entire sorry saga of the BMI was started by a mathematician - one of us - I think the onus is on us, as the world’s experts on the formulation and application of mathematical formulas, to start to eradicate this nonsense and demand the responsible use of our product.”

Body Mass Index

American Medical Association

“Given the existing limitations of BMI to diagnose obesity in clinical practice, it is unclear that recognizing obesity as a disease, ...will result in improved health outcomes. The disease label is likely to improve health outcomes for some individuals, but may worsen outcomes for others.”

Body Mass Index

American Medical Association

- Encourage doctors to have conversations with patients at risk of obesity
- Provide impetus for health insurers to cover both those conversations and subsequent weight-loss interventions

Public Health Calamity ?

The Premise

- Overweight leads to premature death
- Overweight increases risk for disease
- Weight loss improves health / longevity

Obesity Kills ?

“Obesity is the second leading cause of preventable death in the United States, exceeded only by cigarette smoking ...and it contributes to 300,000 deaths annually in the United States.”

Obesity Kills ?

*“Actual Causes of Death in
The United States”*

Causes of Death In The U.S. - 1990

| | |
|------------------------|---------|
| Tobacco | 400,000 |
| Diet/Activity Patterns | 300,000 |
| Alcohol | 100,000 |
| Microbial Agents | 90,000 |
| Toxic Agents | 60,000 |
| Firearms | 35,000 |
| Sexual Behavior | 30,000 |
| Motor Vehicles | 25,000 |

Obesity & Mortality

“For overweight and obesity combined,
our estimate was
25,814 excess deaths”

Obesity & Mortality

American Changing Lives Study

“ When socioeconomic and other risk factors are controlled for, obesity is not a significant risk factor for mortality; and...for those 55 or older, both overweight and obesity confer a significant decreased risk of mortality.”

Creating The Epidemic

Tues. June 16, 1998: Overweight =
BMI \geq 27.3 for women, \geq 27.8 for men

Wed. June 17, 1998: Overweight = BMI \geq 25

**RESULT: 30 million people woke up
overweight on Wednesday !**

Obesity Epidemic ??

BMI Changes – Most Recent Data - 2014


- Overall, there have been no significant changes in obesity prevalence in youth or adults between 2003-2004 and 2011-2012
- There was a significant decrease in obesity among 2- to 5-year-old children

Public Health Calamity ?

The Premise

- ~~Overweight leads to premature death~~
- Overweight increases risk for disease
- Weight loss improves health / longevity

Weight & Disease

-  Weight is associated with increased disease risk
- Confounding factors reduce or eliminate the association
- Fitness, activity, SES, weight cycling, nutrient intake, etc.

Weight Loss & Diabetes ?

- Improvements are usually seen in the first few days before much weight is lost
- Improvements can deteriorate even if weight loss is maintained
- Weight loss is rarely maintained

Weight Loss & Diabetes ?

Numerous studies have shown that these so called 'weight related' health problems can be treated effectively with lifestyle interventions without significant weight loss and in individuals who remain markedly 'obese' by traditional medical standards.

Public Health Calamity ?

The Premise

- ~~Overweight leads to premature death~~
- ~~Overweight increases risk for disease~~
- Weight loss improves health / longevity

Weight Loss & Health

“...The ultimate goal of diets is to improve people’s long-term health, rather than to reduce their weight.

Our review of randomized controlled trials of the effects of dieting on health finds very little evidence of success in achieving this goal.”

Weight Loss & Health

“If diets do not lead to long-term weight loss or long-term health benefits,
it is difficult to justify encouraging individuals
to endure them.”

Weight Loss & Health

- Exaggerated effects of weight on health
- NO evidence of wt. loss sustainability
- FIRST, DO NO HARM !

“In The Name Of Health”

“Over the last hundred years medicine has promoted a wide variety of potentially dangerous and sometimes lethal diets, drugs, and surgeries to help people reduce their weight “in the name of health.””

“In The Name Of Health”

The use of corsets was advocated by the health establishment though it often resulted in constricted lungs, squeezed livers and bladders and dislocated stomachs.

“In The Name Of Health”

The Lady's Friend - October 1867 (volume IV, # 10),
"Dress Versus Health"



“Every respiration is imperfect, and the most important vital organs are impeded in the performance of their sacred functions.”

Hollywood's Dangerous Slimming Trick

The powerful belt forces the waist to just 23 inches,

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The same size as a soccer ball, & the waist size of the average 7-year-old

In Touch, 11/19/07

In The Name of Health

- 1890 - Corset
- 1893 - Thyroid Extract
- 1920 - Laxatives
- 1933 - Dinitrophenol
- 1937 - Amphetamine
- 1940 - Atropine
- 1940 - Digitalis

In The Name of Health

- 1957 - HCG
- 1964 - Total Fasting
- 1969 - Intestinal Bypass
- 1974 - Jaw Wiring
- 1977 - Gastric Bypass
- 1985 - Gastric Balloon
- 1990's - Fen-Phen, Redux, Meridia, Xenical

A close-up photograph of a person's face, focusing on the nose and mouth. A clear plastic nasal cannula is inserted into the nostril and runs along the side of the face. The person's lips are slightly parted, and their skin appears pale. The background is a plain, light-colored wall.

The KEN Diet

**Ketogenic Enteral
Nutrition Diet**

~~**Most extreme diet ever?**~~

**Imagine being fed on a drip
for 10 days solely to lose
weight – now even a
leading NHS specialist is
recommending it !**

Wednesday, March 7, 2012

Aspiration Therapy



Cotton Ball Diet



**2013
Slim
Chance
Award**

The Legacy of Failure

Consequences of “The War”

- ↑ Eating disorders
- ↑ Disordered eating
- ↑ Body hatred
- ↑ Exercise addiction
- ↑ Exercise resistance

- ↑ Weight cycling
- ↑ Smoking
- ↑ Discrimination
- ↑ Shame & isolation
- ↑ Wasted resources

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Wasted Resources

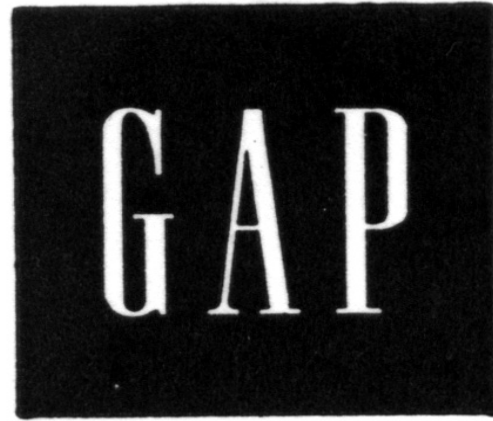
40 Billion Dollars

Could build 2.5 Habitat for Humanity homes for each of the
2.5 million homeless people in the U.S.

Wasted Resources

2011 Update

- 60.9 Billion Dollars!
- 75 million dieters (2010)
- Typical dieter - 4 times per year



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Breaking Celebrity News First!

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Star

5'2" 97 LBS

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LANCE & SHERYL SPLIT!

5'7" 112 LBS

Scary Skinny!

Are They Addicted To Dangerous Diets?

BEFORE 140 LBS

BEFORE 125 LBS

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Was It A Shotgun Wedding?

MAY 30, 2005
\$3.99 US / \$4.99 Canada
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Shifting The Paradigm

Weight-Centered

Everybody needs to be thin for good health & happiness

Health-Centered

Thinness is not intrinsically healthy & beautiful, nor is fatness intrinsically unhealthy & unappealing

Shifting The Paradigm

Weight-Centered

People have different body shapes & sizes because they lack will power, eat too much & move too little

Health-Centered

People naturally have different body shapes & sizes

Shifting The Paradigm

Weight-Centered

Everyone can be happy,
healthy and thin by
dieting

Health-Centered

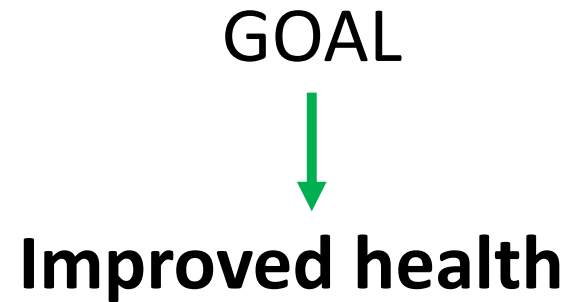
Dieting usually leads to
weight gain, decreased
self-esteem and
increased risk for
disordered eating

Shifting The Paradigm

Weight-Centered



Health-Centered



WHY NOT? 

Shifting The Paradigm

- The ill effects of weight on health have been exaggerated
- The relationship of weight loss to health is questionable
- Weight loss is not a sustainable outcome for the vast majority of people

Shifting The Paradigm

- Health can be improved without weight loss
- There is growing evidence that promoting weight loss violates the principle of “first, do no harm.”
- The weight loss industry is really a weight-cycling industry

“Healthy Weight”

Eating: non-restrictive, internally directed
(intuitive, mindful, normal)

Movement: reasonable, enjoyable, sustainable

“Healthy Weight”

- Not all people are currently at their most “healthy weight”
- Moving towards intuitive eating & physical activity will produce a “healthy weight”
- Focusing on weight loss leads to weight cycling and increased weight

Health at Every Size^R

- Self-Acceptance - feeling good about self

Who's that behind those
FOSTER GRANTS?
sunglasses

OPERATING INSTRUCTIONS
WASH PROGRAM

enter 18

enter 18

**WE WEAR FOSTER GRANTS
TO AVOID EYE CONTACT
WITH THE LADY FOLDING THE
INCREDIBLY HUGE PANTIES.**

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Because Your Employees Need Help
With Leading Healthier Lifestyles...

WELCOA's New
16 paged Lifestyle
Management
Guides will help
your employees
get started...



*To learn more about how to provide your employees with this important resource,
please visit www.welcoa.org/store.*



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Weight Discrimination

“Among all adults in the study, weight discrimination was more prevalent than discrimination due to ethnicity, sexual orientation and physical disability.”

“Among women, weight discrimination was even more common than racial discrimination.”

Health at Every Size

- Self-Acceptance - feeling good about self
- Movement – being comfortably active

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Fit and Fat !

“ The often-cited ‘conclusive evidence’ that obesity decreases longevity comes from epidemiologic studies of BMI and mortality without adjustment for fitness.”

“Obese men and women who are fit are at no higher risk for CVD and all-cause mortality than their normal weight and fit counterparts.”

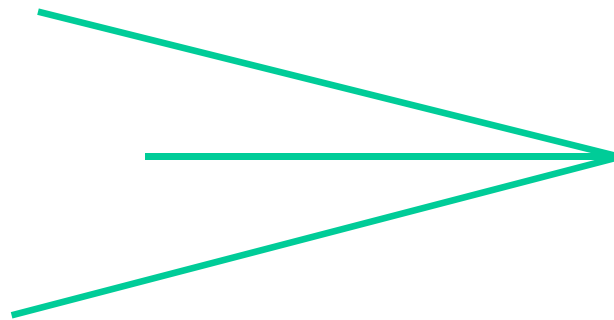
Health at Every Size

- Self-Acceptance - feeling good about self
- Movement – being comfortably active
- Intuitive Eating - natural, relaxed eating

Intuitive Eating (normal)

Based on Internal Cues

- Hunger
- Appetite
- Satiety



Fuel & Nutrients
Pleasure
Connection
Fulfillment

Nutritional Information:

Don't even ask. This is the best ice cream made in Wisconsin, and it tastes so good because it has gobs of rich Wisconsin cream, tons of real ingredients for boat-loads of luscious flavors.

That means it's not low-fat, low-calorie or low-anything, and that's why everyone loves it. You want nutrition, eat carrots.

© Copyright 1997, Chocolate Shoppe

Intuitive Eating (normal)

Is Being Able To:

- Eat when you are hungry and continue eating until you are satisfied
- Choose food you like, eat it and truly get enough – not just stop eating cause you think you should
- Use some constraint on your food selection, but not miss out on pleasurable foods

Intuitive Eating (normal)

Is:

- Giving yourself permission to eat sometimes because you are happy, sad or bored, or just because it feels good.
- Three meals a day, or choosing to munch along.
- Leaving some cookies on the plate because you know you can have some again tomorrow, or eating more now because they taste so wonderful.

Intuitive Eating (normal)

- Is overeating at times: feeling stuffed and uncomfortable.
- Is under eating at times and wishing you had more.
- Takes up some of your time and attention, but keeps its place as only one important area of your life.

Intuitive Eating (normal)

Is flexible. It varies in response to your emotions, your schedule, your hunger and your proximity to food.

Health at Every Size

- Self-Acceptance - feeling good about self
- Movement – being comfortably active
- Normal Eating - natural, relaxed eating

Health at Every Size

An End To Weight Prejudice

Recognition that body shape, size and/or weight are not evidence of any particular way of eating, level of physical activity, personality, psychological issue or moral character; confirmation that there is beauty and worth in EVERY BODY.



We don't wear
Foster Grants to
avoid eye contact
with anyone.
In fact, we won't
wear them at all.

Size discrimination
is not cool.
Don't buy Foster Grants.

For more information
on the Foster Grant
boycott, call or write:

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Torrance, CA 90505 ♦ (310) 373-0638

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Health for Every Body[®] - The Program



Health for Every Body[®] is an on-site, 10-week program based upon the principles of Health At Every Size[®] (HAES[®]) offering employees an alternative, evidence-based approach for making peace with their bodies and their food.

Health for Every Body[®] - 10 Weeks



1. Current research on dieting, weight & health
2. Examine the social & cultural pressures to be thin
3. Discuss the health consequences of body hatred
4. Improving body acceptance & self esteem
5. Pleasurable movement: Fitter at any size

Health for Every Body[®] - 10 Weeks



6. Reduce disordered eating - mindful, intuitive eating
7. Health benefits of relationships & social support
8. Managing stress, mindfulness, meaning & purpose
9. Improving health in presence of a chronic condition
10. Solidifying & protecting improvements

Health for Every Body[®] - 10 Weeks



- Intrinsic
- Relationships
- Social Support
- Evidence-Based
- Culture of Inclusion



HEALTH FOR EVERY BODY

Making Peace With Our Bodies & Our Food

Jon Robison PhD, MS.

jon@salveopartners.com

www.salveopartners.com