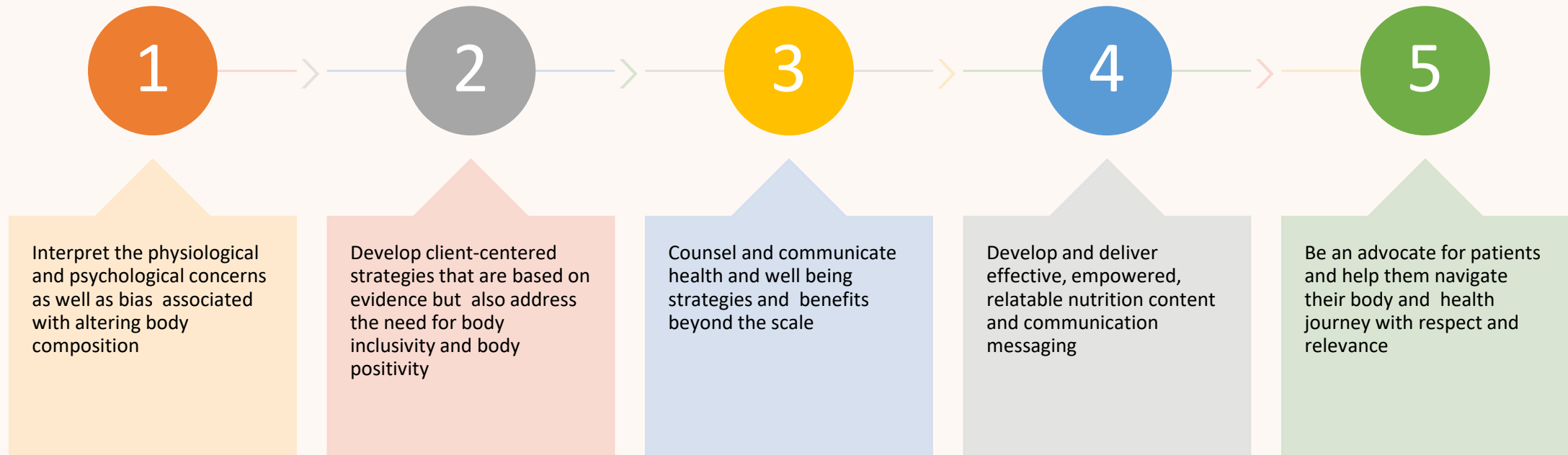


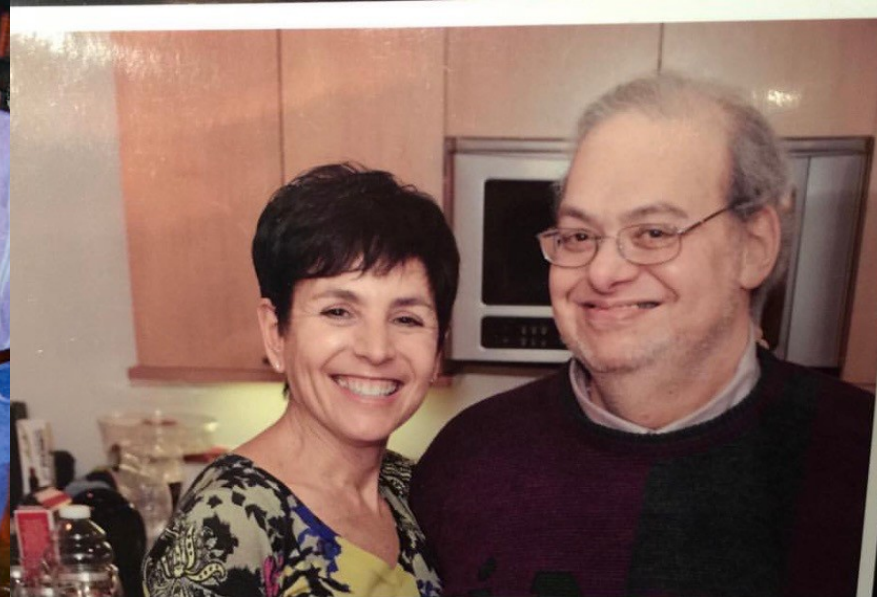
# Insistence or Resistance when it comes to co-existence of traditional weight management and a HAES approach

Leslie Bonci, MPH,RDN,CSSD,LDN,FAND  
Owner- Active Eating Advice by Leslie  
Bonci, Inc

# Learning Objectives



# MY STORY



# MY BACKGROUND

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- RDN x 40 + Years
- Sports Dietitian x 30 + years
- Have worked with
  - Professional
  - Collegiate
  - Olympic
  - High school to master's athletes
  - Performance artists
- Expertise in
  - Weight management
  - Eating disorders/disordered eating
  - Wellness
  - Digestive disorders

# Setting the stage



PHYSIOLOGY



PHYSIQUE



PEER PRESSURE



PERFORMANCE



PRACTICALITY

YOU EAT SO LITTLE!  
NO WONDER YOU'RE  
SO SKINNY!  
"JUST DO IT"  
GET THE  
BODY YOU  
DESERVE  
EAT THIS, NOT THAT

NO WONDER YOU'RE  
SO SKINNY!  
"JUST DO IT"  
GET THE  
BODY YOU  
DESERVE  
EAT THIS, NOT THAT

YOU LOOK GREAT FOR YOUR AGE

COMMIT TO BE FIT

DON'T BE A BRAT,  
BURN THE FAT

YOU CAN'T  
OUTRUN  
YOUR FORK

YOUR PLATE  
COULD FEED  
AN ARMY!

MOVE  
MORE  
EAT  
LESS

BE 1% BETTER EACH DAY  
A MOMENT ON THE LIPS, FOREVER ON THE HIPS

GOOD AS SKINNY FEELS

NOTHING  
TASTES AS  
GREAT

NO GAIN  
WATCHERS  
DID YOU LOSE WEIGHT?

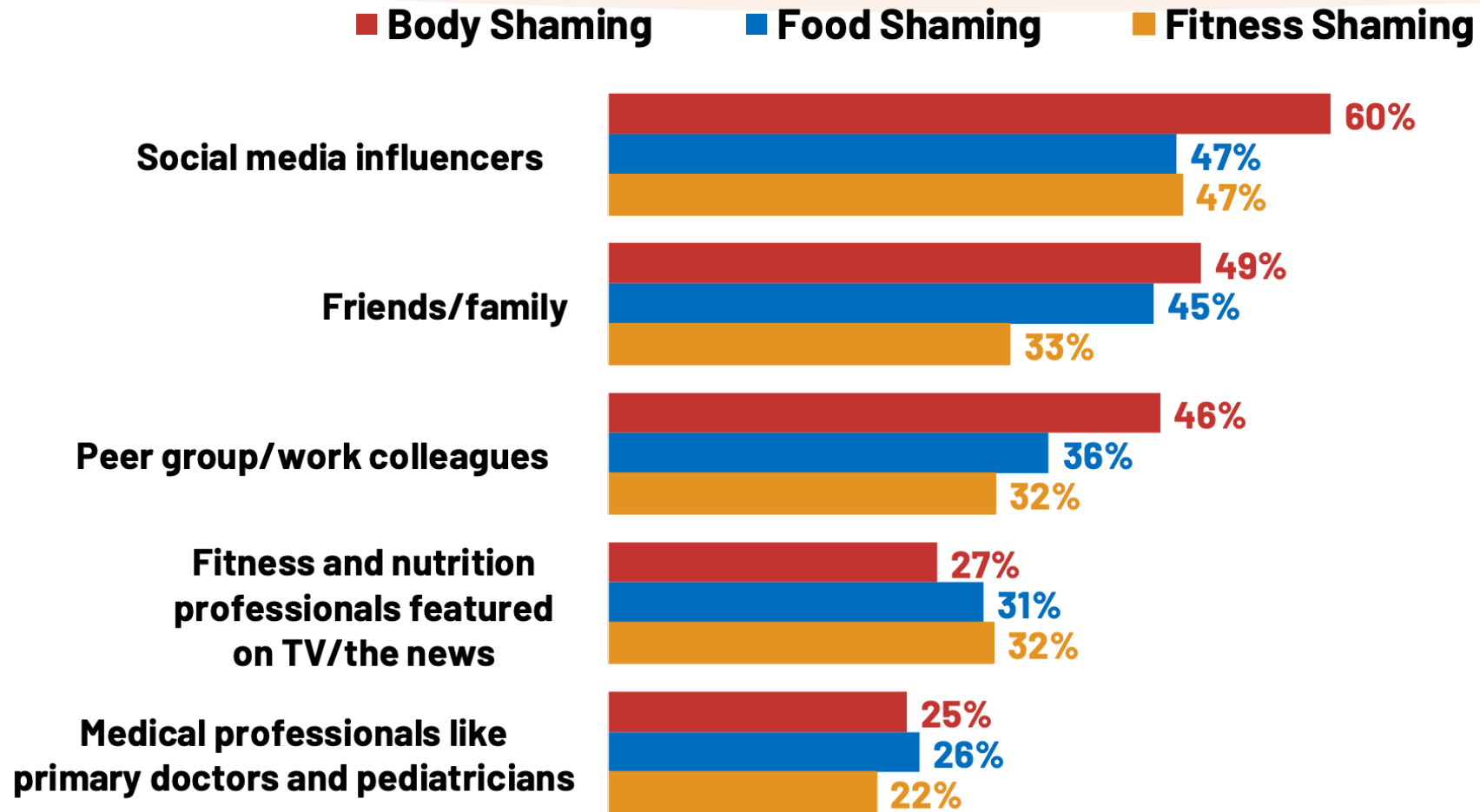
PLATE

**Simplified messaging to  
help a complex problem**

WHAT OUR PATIENTS FEEL/HEAR

# Sources of Shame

## CONSUMERS' PERCEPTIONS OF SOURCES OF SHAMING



# A STARTING POINT: FIND THE COMMON GROUND

Listen and learn

Establish trust

Develop rapport

Be a guide

Provide viable  
solutions

Recommendations  
are not black or  
white, they are gray

Give the  
permission  
to nourish  
and nurture



# FACT OR FICTION

Small frequent meals  
boost the metabolism?

Eating low-fat helps  
you to burn more body  
fat

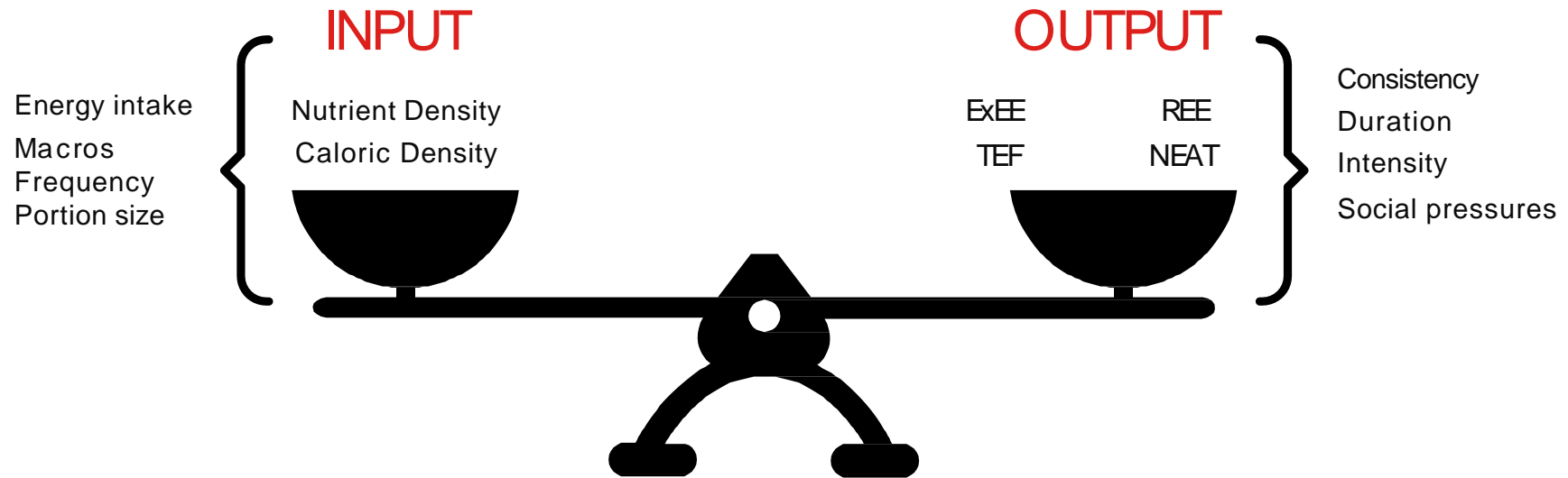
Eating breakfast helps  
you to lose weight

Intermittent fasting  
emphasizes hours of  
eating rather than  
types/amounts of food  
consumed

Carbs should be  
avoided if trying to lose  
body fat

Liquid calories do not  
count

# Energy Balance



# REALITIES OF WEIGHT LOSS



**Weight loss will change over time even when one follows a lower calorie diet**



**Magnitude of weight loss contingent upon:**

Level of caloric restriction

Diet composition

Total daily energy expenditure

Body composition

## Of note

- For each kilogram of weight lost, calorie expenditure decreases by 25 kcal/day but appetite increases by 95 kcal/d ABOVE baseline levels prior to weight loss
  - Polidori et al. Obesity. 2016;24:2289-2295

# BARRIERS TO SUCCESS

Imbalance  
between intake  
and output

Only focusing on  
foods and  
forgetting fluids

Judging success  
solely from the  
scale

Eating mindlessly  
and inconsistently

Emphasis on  
macros/calories  
over composition  
or distribution

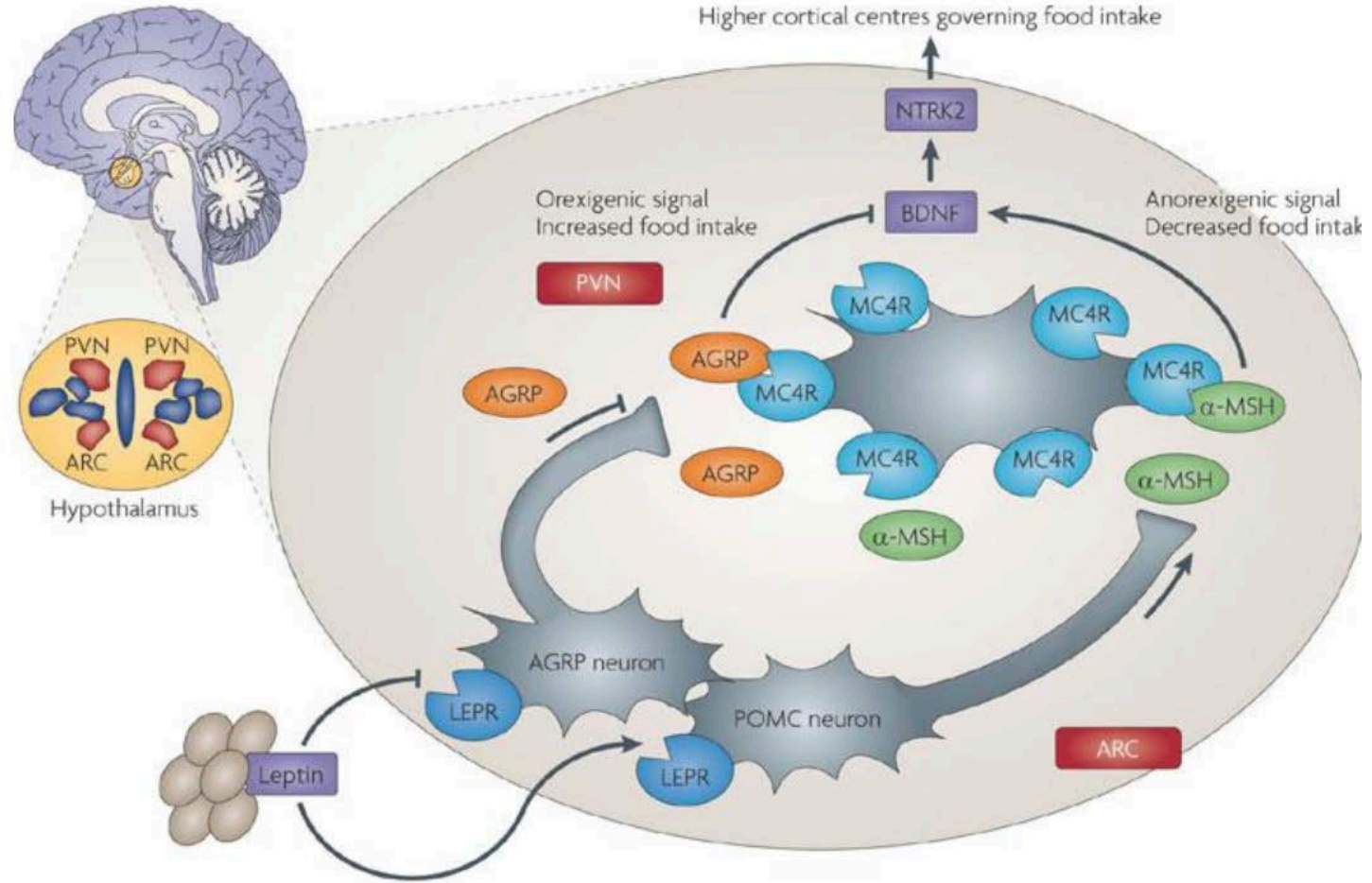
Diet apps not  
effectively used for  
their strengths

Culinary challenged

Food insecurity

Lack of nutrition  
knowledge  
(internal &  
external)

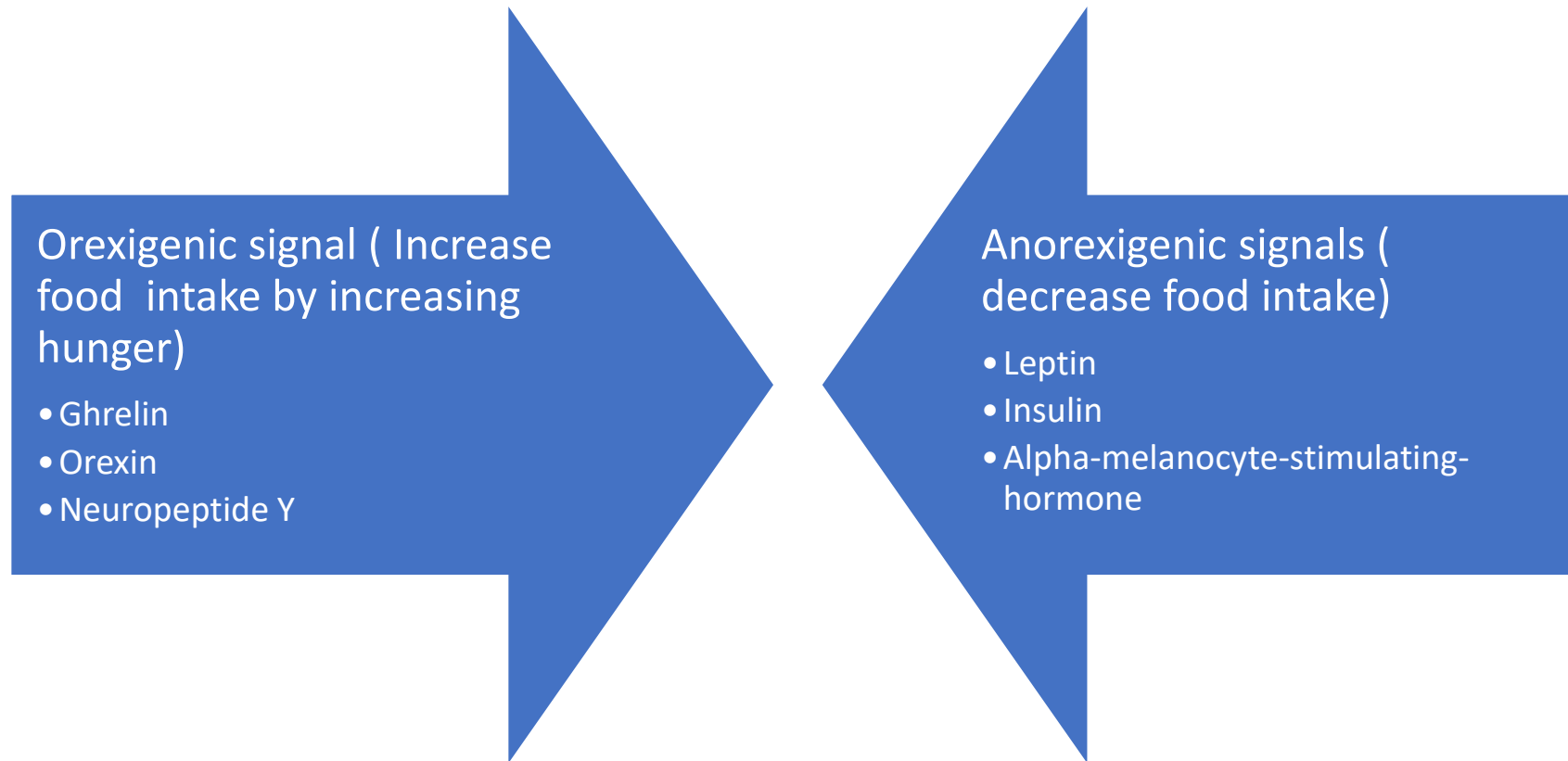
# Regulation of Food Intake



Nature Reviews | Genetic

Nature Reviews Genetics 10, 431-442 (July 2009)

# Regulation of food intake

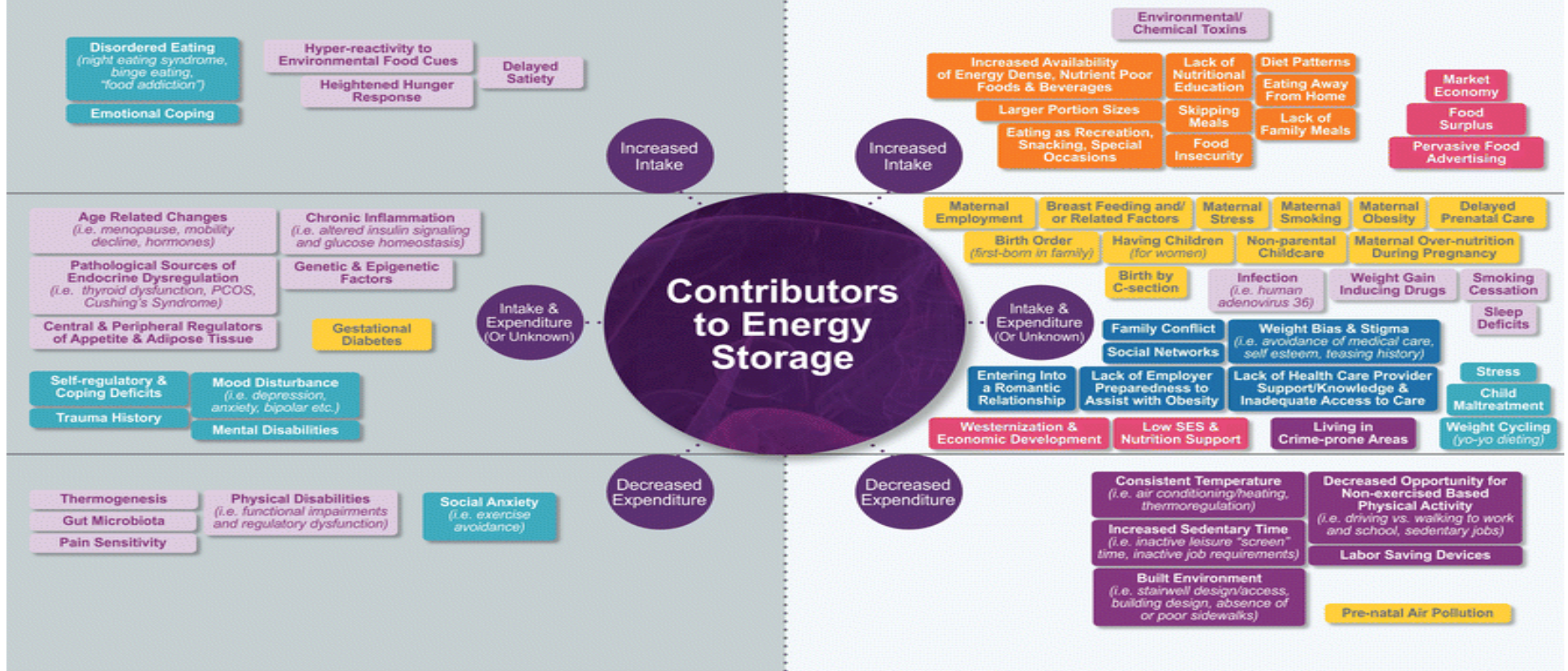


# POTENTIAL CONTRIBUTORS TO OBESITY

2015

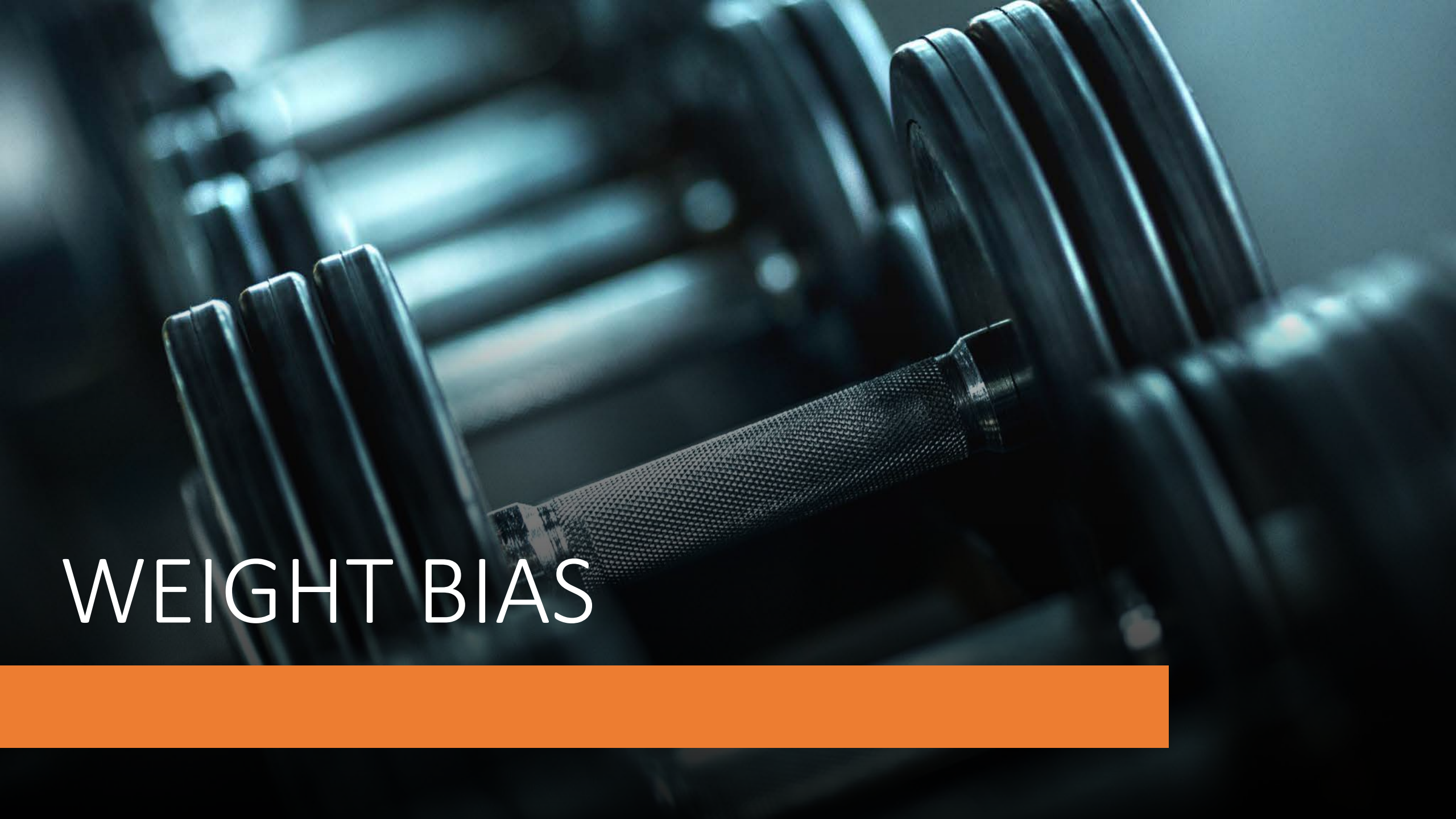
## Inside the Person

## Outside the Person



\* Potential contributors indicate anything that has been put forth in the research literature as a question of investigation and is not intended to be a verification of whether or not, or the extent to which, each may or may not contribute.





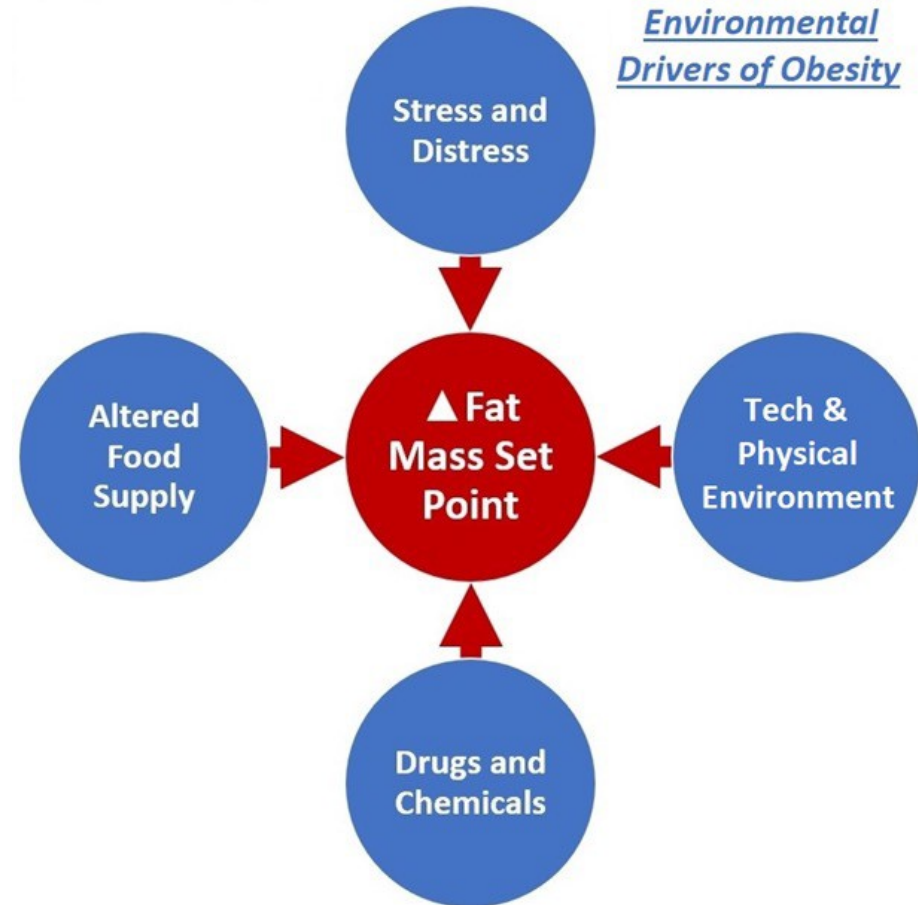
# WEIGHT BIAS



# ROLE OF WEIGHT STIGMA IN OBESITY

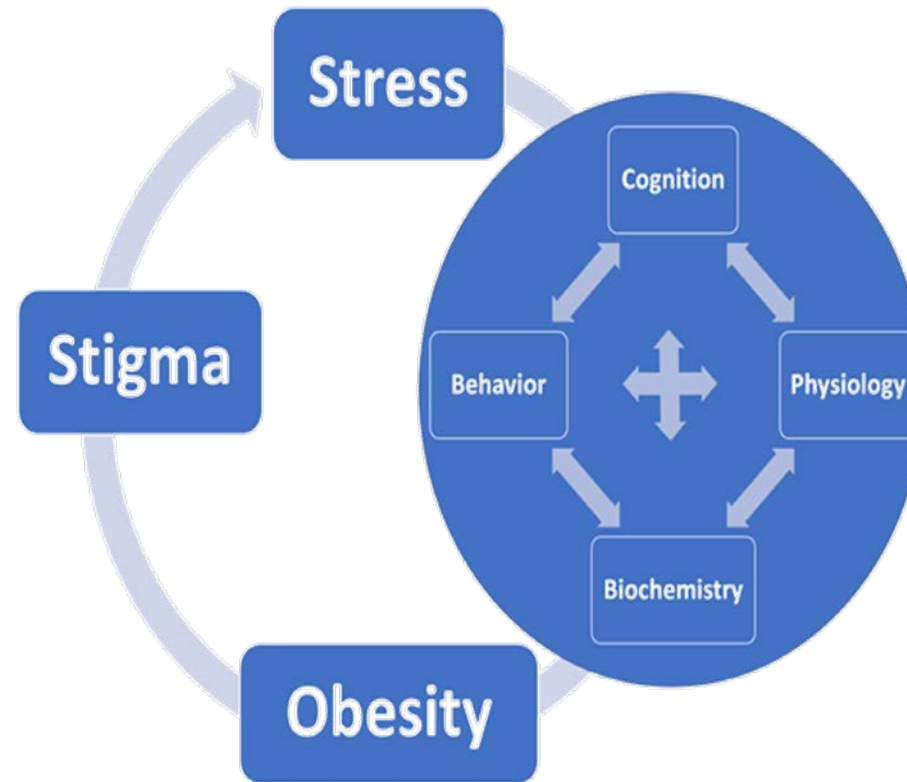


# Factors driving obesity



# Impact of discrimination on health

*Pathways from stress to obesity*



# Weight normative approach

BMI as the gold standard?

Negative judgments on higher weight individuals

Is the goal of attaining a Healthy weight realistic

Is the focus on weight loss positive and Health Supporting or Health Detracting?

- Tylka et al. JObesity Vol 2014 Article ID 983495, 18 pages

# FACTS vs MYTHS, PRESUMPTIONS

Source: Casazza et al, 2013.01, *NEJM*

## Myths

- Small energy changes add up to big weight loss
- Realistic goals yield better weight outcomes
- Slow weight loss is best
- Readiness to change matters
- PE prevents childhood obesity
- Breastfeeding prevents childhood obesity
- Sex burns 100-300 calories

## Presumptions

- Breakfast prevents weight gain
- Early exercise and eating habits shape weight for life
- Eating fruits and veggies will reduce weight or prevent gain
- Snacking causes obesity
- Sidewalks and parks prevent obesity

# How Provider Weight Stigma Affects ED Patients ( Sarah Altman, PhD

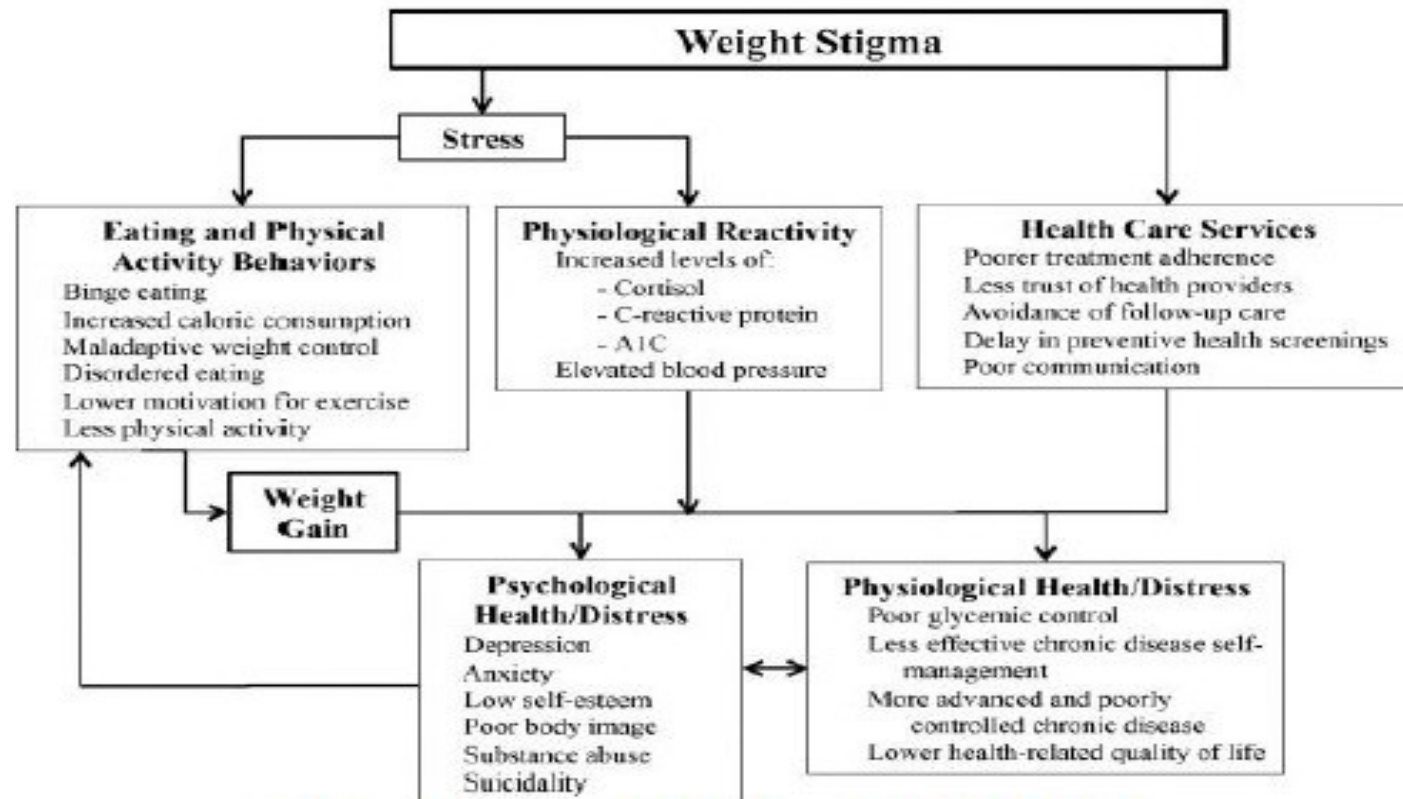
## Provider Bias and Weight Stigma

- Weight loss goals are harmful
  - You don't have to say "lose weight" for patients to get the message that something is wrong with their body or the way they are eating
    - Comments about fruits and veggies, "junk food" and exercise can be code for "Fat is not okay"
- Focusing on weight loss can lead to extreme behaviors and can be counterproductive to therapy and lead to worsened behaviors

## Avoidance and Reduced Care

- ED Patients often avoid care for medical concerns due to fear of weight stigma or that they will be told to lose weight
- Disordered eating unrecognized, overlooked, or misdiagnosed in larger-bodied patients
- ED patients with a "normal" BMI are also impacted by implicit bias
  - Atypical Anorexia, low HR = in great shape, praise for losing weight
- Invalidation of patients due to body size

# OVERCOMING WEIGHT STIGMA IN THE TREATMENT OF OBESITY



Clin Diabetes. 2016 Jan;34(1):44-50.



# MENTAL HEALTH OF PERSONS WITH OBESITY WHO EXPERIENCE BIAS



**Obesity** (Silver Spring). 2017 Feb;25(2):280-281.

# Muscle dysmorphia

Diagnostic and Statistical Manual of Mental Disorders, fifth edition

Individuals are:

- Preoccupied with their appearance
- Concerned they are not large or muscular enough
- Consumed by efforts to control eating and workout
- Avoid social situations that interfere with workouts
- Engaged in body monitoring
- Engaged in body camouflaging
- May continue to work out despite injury

# Body dissatisfaction



Comparing one's physical appearance to others are more likely to be dissatisfied with own body



Social media provides ample opportunities for exposure to idealized bodies



Photoshop



Advice given by online celebrities/trainers that may be restrictive, unhealthy and not evidence-based



Zoom dysmorphia leads to unrealistic/unhealthy comparison to images seen online

# BUZZ WORDS

Macros

Shredded

Toned

Ripped

Lean

Macros

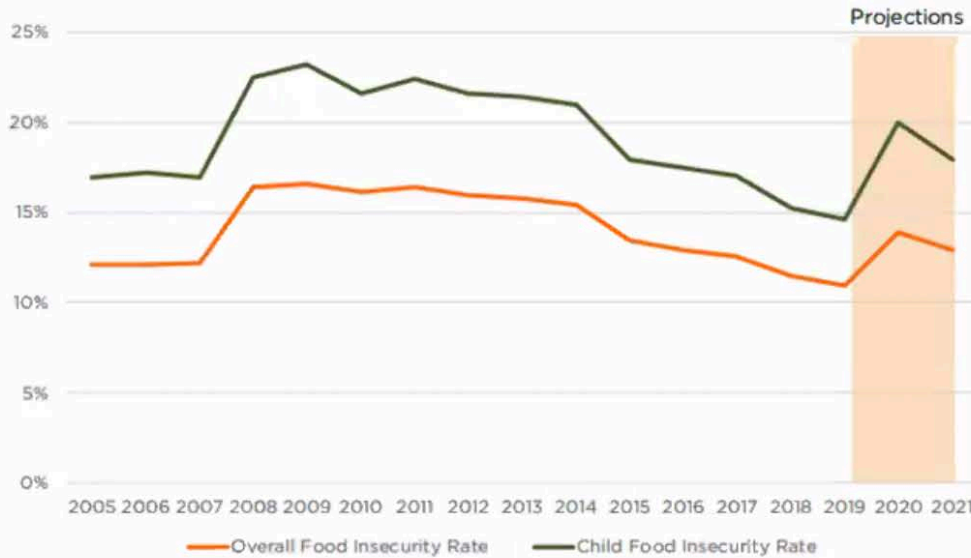
Food/nutrient  
demonization

Omission over  
permission

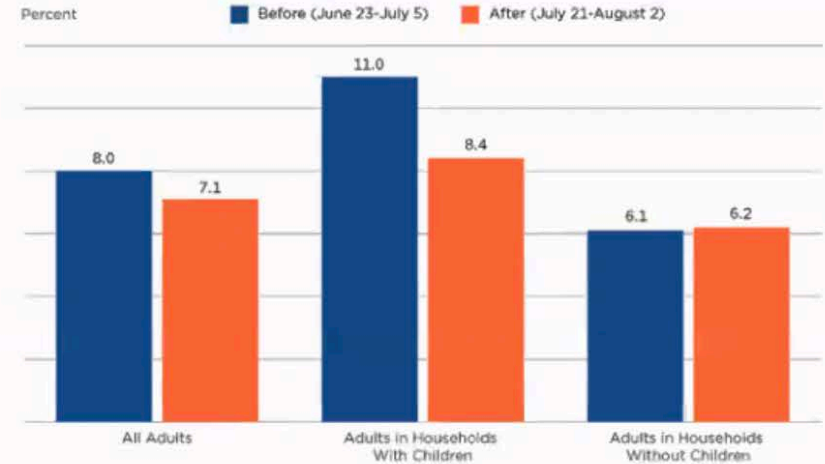
# Despite improvements in recent years, food insecurity remains unacceptably high

Long-term effect of pandemic uncertain due to government assistance and differential disruptions

### Food Insecurity Trends & Projections



### Food Insecurity for Adults in Households, Before and After the Child Tax Credit



Note: The Advance Child Tax Credit began to be issued on July 15, 2021.

Source: U.S. Census Bureau, Household Pulse Survey, Week 33 and 34.

Sources: The Impact of the Coronavirus on Food Insecurity in 2020 & 2021 from Feeding America & United States Census Bureau

# STATE OF THE PLATE

- Number of families receiving food assistance has increased exponentially
- Shortfall nutrients
- 1 in 10 consuming enough produce
- ALL forms of produce are fine
- Food choices must be available and affordable
- Must meet people where they are
- Provide resources-Recipes EatUp  
<https://clancyharrison.com/recipes>



The background is a light gray color with a dense pattern of diagonal streaks and brushstrokes. The colors used include various shades of blue, purple, teal, orange, and yellow. The strokes vary in thickness and length, creating a dynamic and energetic visual effect.

PORTIONS

Volume



## Volume

It's human nature to eat when presented with food, and to eat more when presented with more food. The amount we eat and drink can affect our health, and portion sizes have grown by as much as 138% since the 1970s.\*

\*According to data from the [American Journal of Public Health](#), [The Journal of Nutrition](#), and the [Journal of the American Medical Association](#).



## Proportionality

Eating a large amount of a nutrient-rich foods that are lower in calorie density can be more satisfying than eating a smaller amount of food that's lower in nutrients and higher in calorie density.

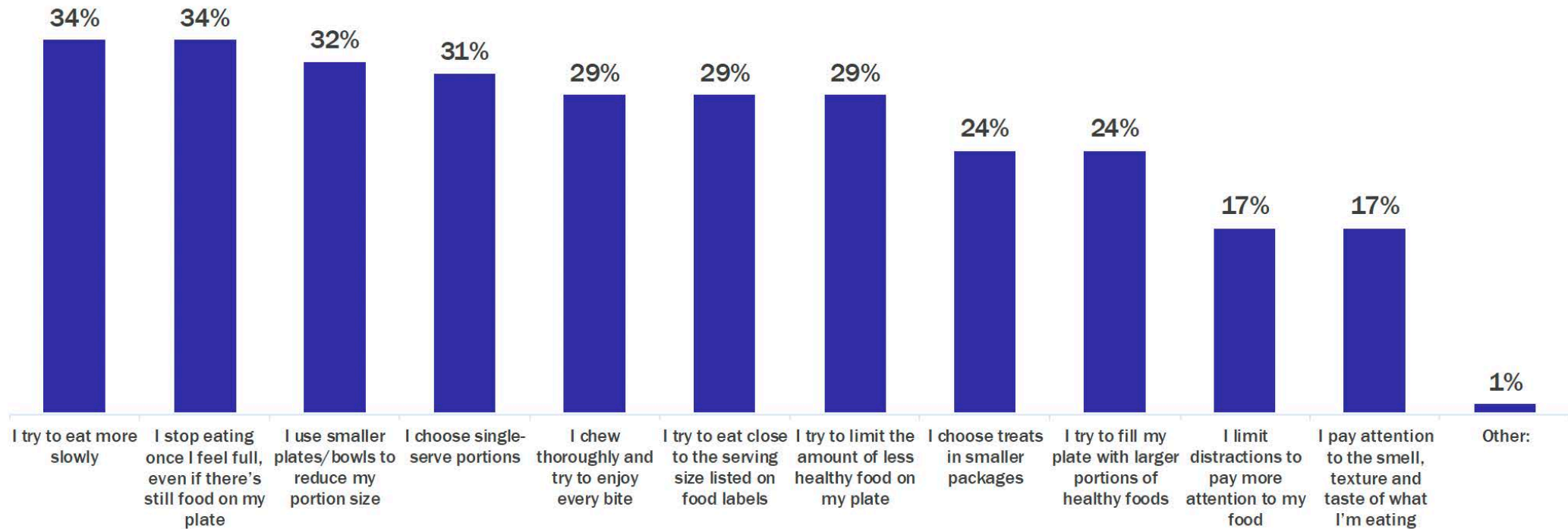


## Quality

Fruits and vegetables, lean protein, low fat dairy, and fiber-rich whole grains are full of nutrients and part of a healthy lifestyle. Yet, only 1 in 10 US adults get the recommended level of fruits and vegetables; adults and kids also do not get enough whole grains. Most Americans exceed recommendations for added sugar, saturated fats, and sodium.

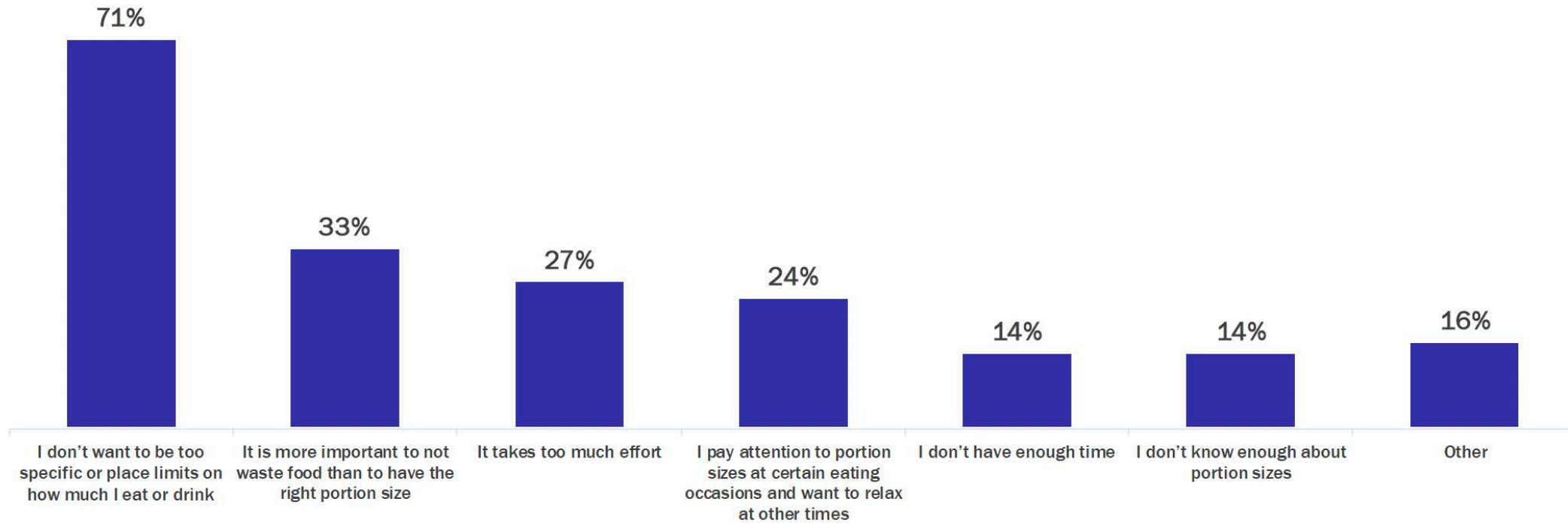


## People use a variety of methods to manage portion sizes



[If not "I do not pay attention to portion sizes" Q7] What helps you manage your portion sizes? Select all that apply. n=836

Among those who don't pay attention to portion sizes, the vast majority say it's because they don't want to be too strict about how much they consume



[If "I do not pay attention to portion sizes"] You indicated that you do not pay attention to portion sizes. Why not? Select your top 2. n=174

# MOST POPULAR “DIETS”

Calorie  
counting

Plant-based

Intermittent  
Fasting

Gluten free

Flexitarian

Carb-cycling

DASH

Cleanse/detox

Vegan



# FAD DIETS



# CHARACTERISTICS OF FAD DIETS

Food group/nutrient  
elimination

Promise of quick  
results

Testimonials/celebrity  
endorsements

Rapid loss of water  
and lean mass

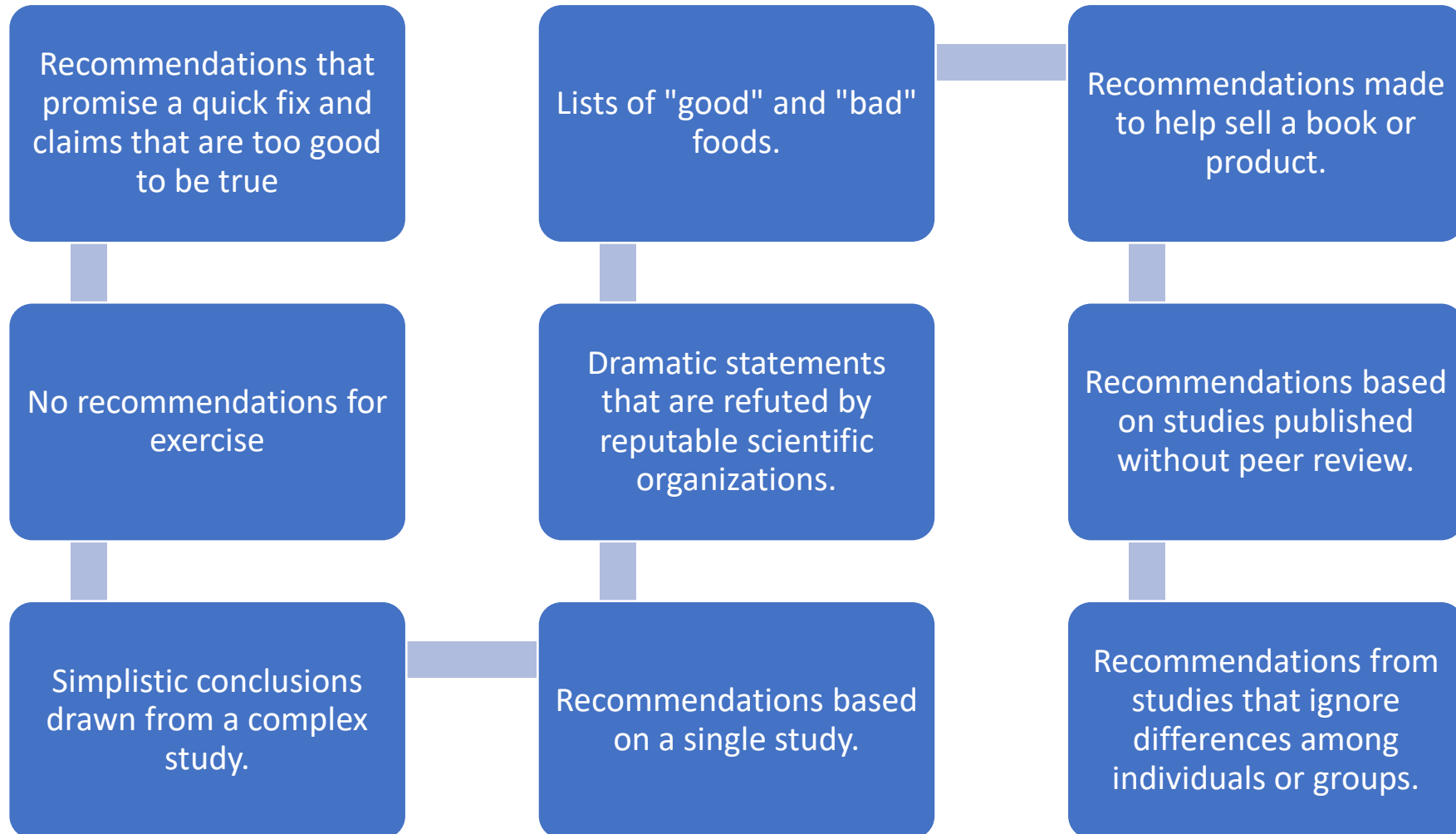
Reliance on  
supplements

Short term focus over  
sustainability

Exacerbate pre-  
existing health issues  
and may result in  
digestive concerns

No evidence of  
efficacy

# HALLMARKS OF FAD DIETS



# CATEGORIES OF FAD DIETS

Low carbohydrate/High fat

- Atkins
- Keto

Low fat/very low fat

Time restricted eating/Intermittent Fasting

Clean eating/detox/elimination

Very low calorie

Meal replacement-shakes/prepared meals

Macros

HEALTH AT EVERY SIZE

---



# HAES

What is it? Body acceptance, applying intuitive eating, movement for enjoyment over necessity

- (Bacon et al. Nutr J 2011;10:9)

Body positivity: body acceptance, body appreciation, body love

#respectoverneglect

What does the science say? Improved psychological outcomes, physiological outcomes and behavioral outcomes

- (Ulian MD et al. Obesity Reviews. 2018;19(12):1659-1666)

Does not assume people are automatically healthy at any size BUT that everyone deserves to be treated with dignity and respect and equal access to opportunities that promote health and well-being regardless of weight

- (O'Hara et al. Body Image. 2020. 37:223-237)

# HEALTH AT EVERY SIZE(HAES)



# FOOD CONSUMPTION CONSIDERATIONS

Active food consumption (cravings, hedonic hunger- frequent thoughts, feelings, urges about palatable food consumption, emotional eating, food addiction)

Passive food consumption small increases in energy density and portions

Hunger levels

# WEIGHT INCLUSIVE APPROACH

DO NO HARM

Bodies come in all sizes

Holistic focus with emphasis on modifiable and sustainable health indices

Process-focused

Help clients become allies over adversaries with their bodies

Less blame and body shame and increased self empowerment

Health and well-being take precedence over the number on the scale

# RESPECT OVER NEGLECT

How can we be of most help and relevance to those living in a larger body?



```
graph TD; A[How can we be of most help and relevance to those living in a larger body?] --> B[People-first language when addressing obesity]; B --> C[Respectful care and language in treatment of childhood obesity]; C --> D[Patient-centric care]; D --> E[Dignity and compassion];
```

People-first language when addressing obesity

Respectful care and language in treatment of childhood obesity

Patient-centric care

Dignity and compassion

The background is a complex, abstract composition of various colors and patterns. It features large, organic shapes in shades of blue, brown, and purple. These shapes are filled with different textures: some have a fine dot pattern, others have wavy lines, and some have a grid of small crosses. There are also scattered, small, hand-drawn wavy lines in white and black. The overall style is modern and artistic, with a focus on texture and color contrast.

# SUGGESTIONS

# WORDS MATTER

- **Instead of:**

- Good Food
- Bad Food
- Healthy diet
- Junk Food
- Obese/overweight
- Dieting & Exercising

- **Consider:**

- Nutrient-dense food
- Fun food
- Balance
- Give a name to the food
- Living in a larger body
- Taking care of one's body




# ALIENATE OR MOTIVATE?

- Bean based pastas/cauliflower rice
- Chia pudding
- Organic
- Smoothie bowls
- Avocado toast
- Plant based milks
- Vegan/plant based
- Gluten free
- Plant based milks
- Idolizing and vilifying carbs





ARE  
RECOMMENDATIONS  
REALISTIC?

- Eat smaller more frequent meals
  - Increase protein through supplements
  - Limit processed foods
  - Only eat fresh produce
  - Watch canned, boxed foods
  - Make from scratch
  - Only buy organic
  - Eat clean
- 

# BEST PRACTICES

---

- Refer to a registered dietitian who can work with the individual(s) to
  - Optimize protein intake to preserve muscle mass – 0.54-.8 gm protein/lb/d
  - ( Leidy et al AJCN 2015)
  - Recommend higher fiber foods to help with satiety
  - Incorporate preferred foods
  - Develop consistency with meal/snack frequency and timing
  - Implement portion-appropriate foods to achieve goals
  - Develop a meal plan that allows for body fat loss without rapid weight loss
  - Addresses barrier to weight loss/management

# INCLUSIVE FOOD LIST

---

## COST EFFECTIVE SHOPPING LIST

1



### GRAINS

Oatmeal/cereal  
Popcorn  
Rice  
Bread  
Pasta

2



### PROTEIN

Canned meats  
Canned fish  
Texturized vegetable protein  
Canned beans  
Eggs  
Peanut butter

3



### FRUITS

Bananas  
Apples  
100% fruit juice  
Melon  
Canned fruit

4



### VEGETABLES

Potatoes  
lettuce  
carrots  
green beans  
canned or frozen vegetables

5



### DAIRY

Reduced, low fat or full fat milk  
reduced, low fat for full fat flavored milk  
cheese  
larger containers of yogurt

# APPROPRIATE MEAL SUGGESTIONS



## No Cook

Oatmeal+yogurt+applesauce+maple syrup

Baked beans and deviled ham on a bun

Energy bites made with oats, cereal, powdered milk, peanut butter and jelly

Refried beans, salsa and cheddar cheese with tortilla chips

Shredded coleslaw mix, canned chicken, crushed pineapple, teriyaki sauce, crumbled dry Ramen noodles

A wrap filled with canned chicken flavored with BBQ sauce and shredded coleslaw mix



## Microwave

Ramen noodles+ canned chicken+ canned pineapple+peanut butter and Soy sauce

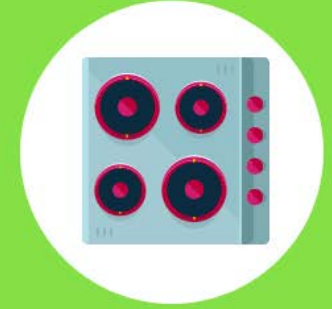
Cornbread mix made with egg/milk/canned corn and served with canned chili

Quesadilla of shredded cheese, salsa, black beans and canned chicken if desired

Eggs in a mug- eggs, milk, canned or frozen mixed veggies and Parmesan or shredded cheese

Microwaved baked potato topped with chili and cheese

Microwaveable "ready" rice with canned tomatoes, corn, and black beans



## Stove/Hot Plate

Mac and cheese with pureed cannellini beans, evaporated milk, and peas

Flavored rice or noodles with tuna and canned carrots

Canned beef stew or chili with added canned corn and rice

Canned chicken in cream of mushroom or cream of chicken soup atop Instant mashed potatoes or over biscuits

Pasta topped with spaghetti sauce with canned beef

Canned salmon, instant mashed potatoes, egg for salmon patties cooked in oil in a pan on the stove

# REFRAMING OUR RECOMMENDATIONS

---

Diet culture OR what we eat  
(diet) and who we are  
(our culture)

Energy deprivation OR a healthy,  
inclusive eating pattern?

It is time to make the transition  
to an empowered, enabled,  
realistic, do-able, sustainable,  
affordable way of eating that  
embraces identity, cultural  
diversity, culinary ability and  
food accessibility

Food and eating  
recommendations should  
address underlying health  
concerns within price point and  
preference

Compassion and care- be an  
advocate and an impactivist

# SOLUTIONS

Sustenance and  
satisfaction

Meet people  
where they are

Process over  
outcome

Food guidance  
over prescriptive  
diets

Empower and  
educate re  
shopping/meal  
prep/food storage

Supply information  
re food resource  
access

Food over figures

Actionable,  
practical,  
achievable, do-  
able goals

# RESONATE WITH RELEVANCE

---

Feelings are not up for  
debate

Do we listen before we  
respond?

Are we impactful?

Who is driving the  
conversation?

Are we advocates?


What are our own biases,  
beliefs and opinions?

Are we inclusive or  
exclusive in our thoughts  
and actions?


Are we  
satisfied/dissatisfied with  
our  
physique/health/fitness?

## Summary

Clients/patients must buy in before they try so recommendations need to be realistic, do-able and maintainable



Referring to a registered dietitian who can help a client with food guidance, eating patterns, eating environment and food budget can optimize success



Addressing our own biases regarding weight is key to helping our clients be successful with their weight loss journey

---



**Eat for you: your**  
**hunger, your day, your mind,**  
**your energy, your schedule,**  
**your culture, your health, your**  
**budget, your time, your family,**  
**your well-being, your joy.**



# Contact Info

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Website: [www.activeeatingadvice.com](http://www.activeeatingadvice.com)