

# Health at Every Size ® - The Way to Healing from Diet Culture and Body Dissatisfaction

Kate Jarvi, LPC and Kristyn Soto, MS  
Rock Recovery

**February 2, 2022**



Central East (HHS Region 3)

**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# MHTTC Network

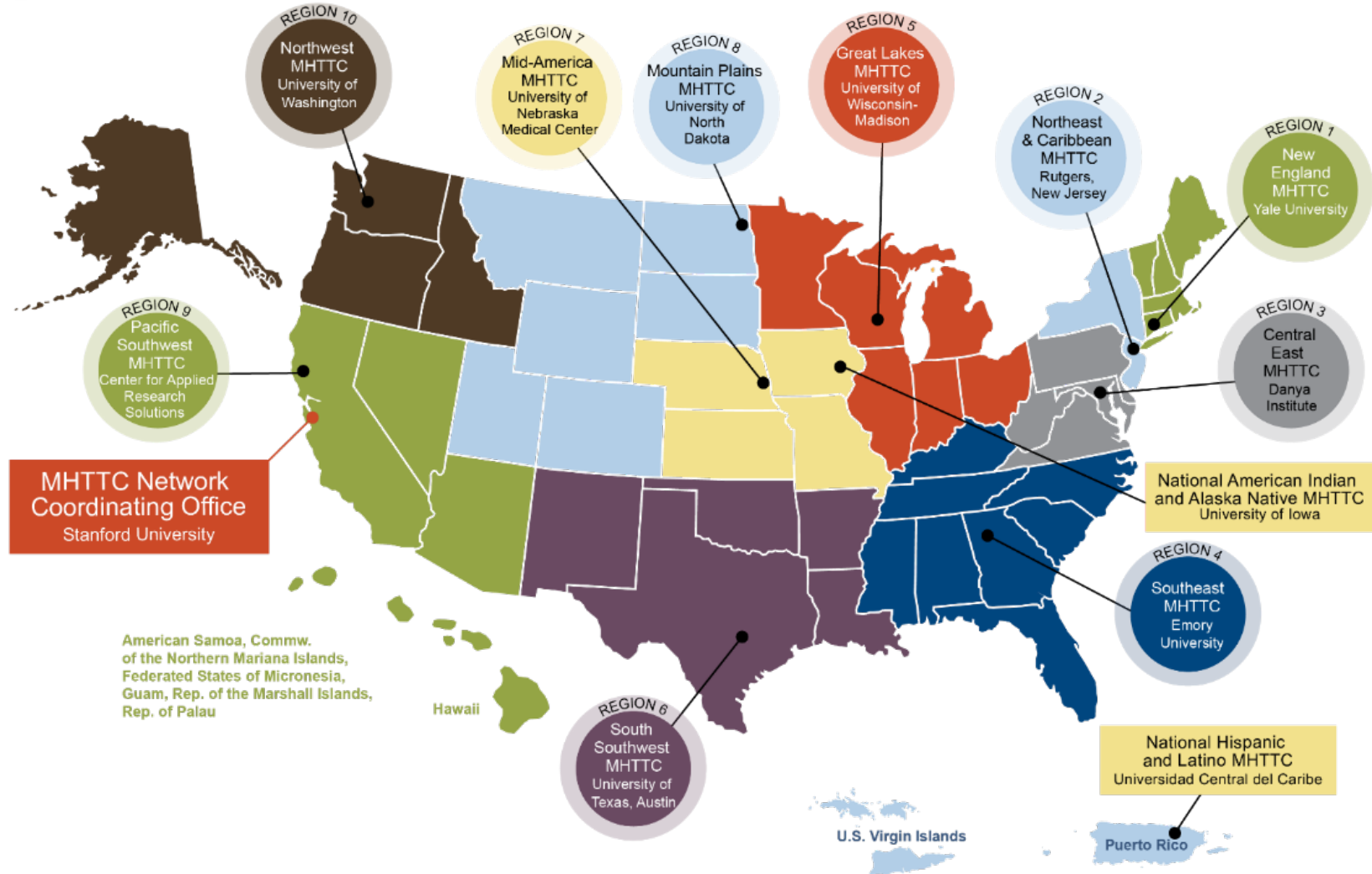


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# MHTTC Purpose

The MHTTC Network vision is to unify science, education and service to transform lives through evidence-based and promising treatment and recovery practices in a recovery-oriented system of care.

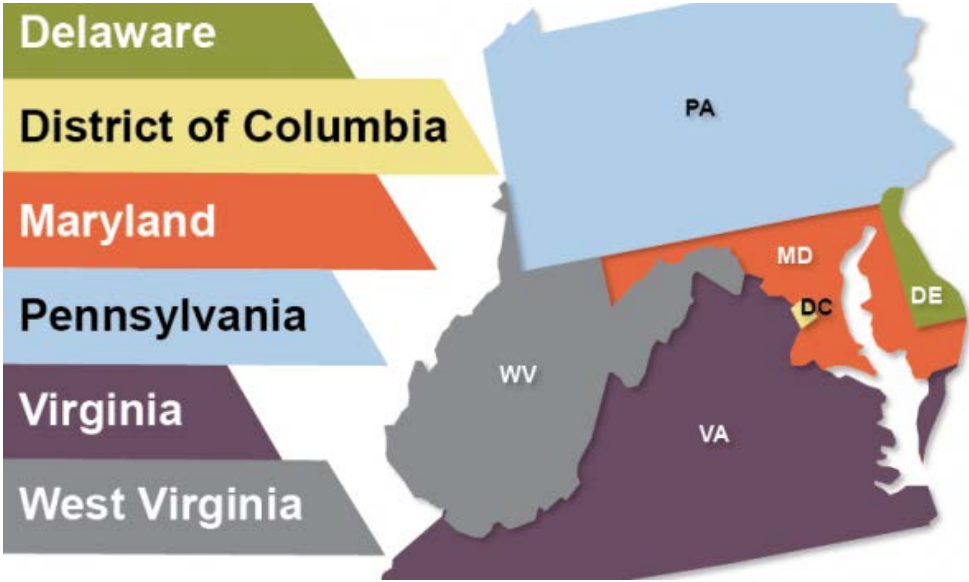


# Central East MHTTC Goals

## Funded by SAMHSA to:

- **Accelerate** the adoption and implementation of mental health related evidence-based practices
- **Heighten** the awareness, knowledge, and skills of the behavioral health workforce
- **Foster** alliances among culturally diverse practitioners, researchers, policy makers, family members, and consumers
- **Ensure** the availability and delivery of publicly available, free of charge, training and technical assistance

# Central East Region 3



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# Evaluation Information

As part of receiving funding through SAMHSA to provide this training, the Central East MHTTC is required to submit data related to the quality of this event. At the end of today's presentation, please take a moment to complete a brief survey about today's training.

# About Rock Recovery

- Nonprofit organization founded in 2009 and based in the Washington, DC metro area
- Bridge gaps in eating disorder treatment and provide education to help individuals and communities fully recover
- Program offerings include in-person and virtual outpatient clinical programs for residents of DC, MD, VA and CA and nationwide support services





# About the Speakers

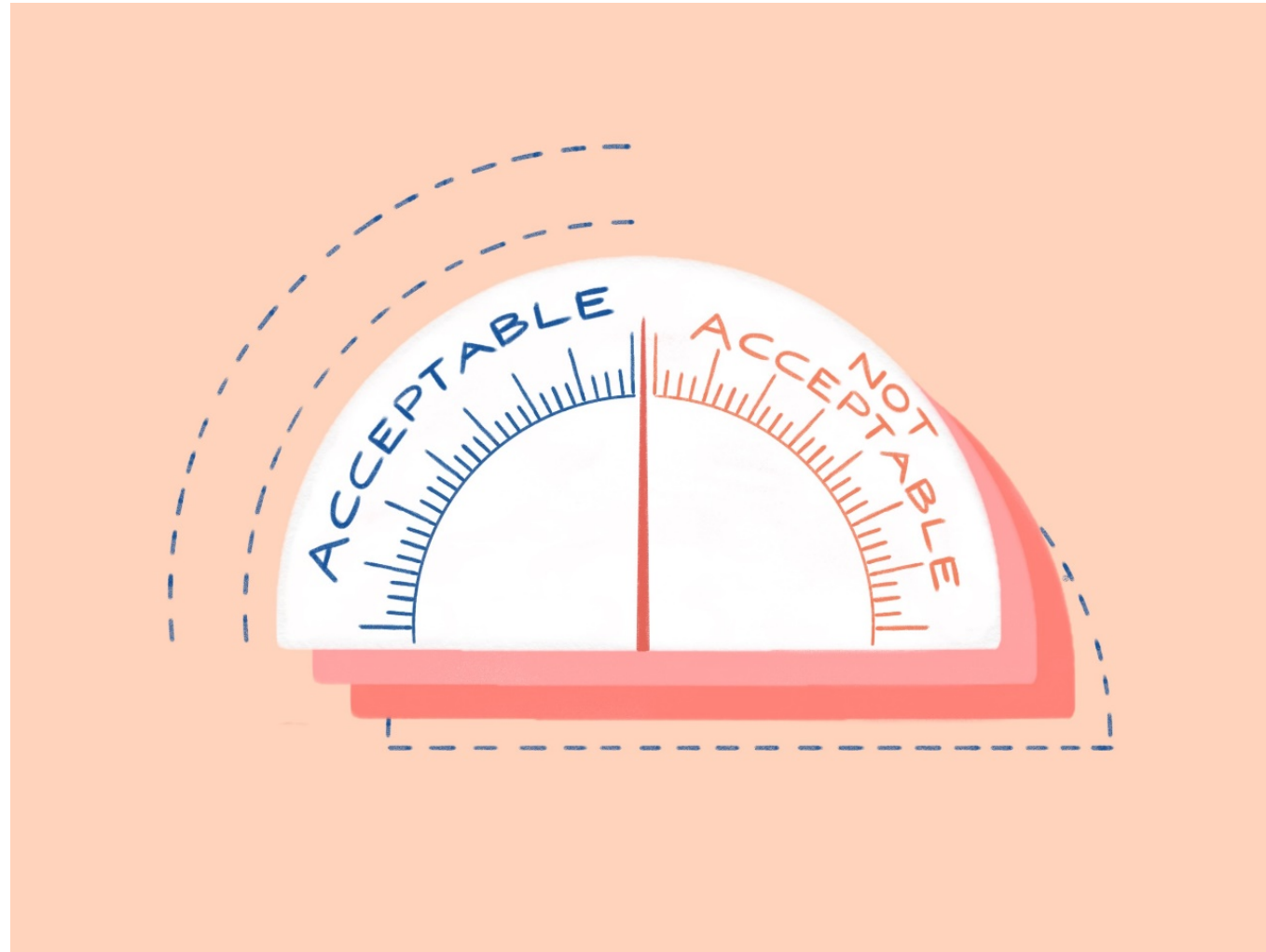


**Kate Jarvi, MA, LPC** – Kate specializes in both individual and group therapy for adults and teens with eating disorders. With previous experience in both the university setting as well as higher-levels-of care, Kate is now working to help individuals at the outpatient level find long-lasting freedom from disordered eating. Kate is trained in providing DBT, CBT, ACT, RODOBT, intuitive eating principles, and body acceptance skills which she implements regularly in her practice. She is experienced in building trust and rapport with clients and has a passion for providing faith-based counseling to individuals who desire this element in their healing journeys.



**Kristyn Soto, MS** - Kristyn came on as Rock Recovery's second full-time staff hire in October of 2017. Having obtained her Master's in Applied Developmental Psychology from the University of Pittsburgh, Kristyn uses her skills to connect individuals and families to life-saving treatment through Rock's clinical programs and support groups and works to educate the community to eradicate stigma around mental health and provide them with tools to care for their own mental health and wellbeing. Kristyn has worked closely alongside Rock's Executive Director to help Rock Recovery grow from a one-program organization to a community cornerstone in the Greater DC region.

# Part 1: What is diet culture?



[Source](#)

# Diet culture defined

- Diet culture refers to a rigid set of expectations about valuing thinness and attractiveness over physical health and emotional well-being.
- Diet culture often emphasizes “good” versus “bad” foods, focuses on calorie restriction, and normalizes self-deprecating talk.
- Diet culture is toxic, and it can be a risk factor for body dysmorphia, disordered eating, and other mental health issues.

# Diet culture is sneaky

- Diet culture likes to masquerade as advice for wellbeing and health
- Increase in diet culture messaging around:
  - January (New year, new you)
  - Summer (Bikini body)
  - Holidays (Holiday sweets come with a price)

## EXAMPLES OF DIET CULTURE:

1

FEELING LIKE YOU CAN'T ESCAPE CONVERSATIONS ABOUT WEIGHT, DIETS, GOOD/BAD FOODS, CUTTING CARBS, DETOXING, CLEANSING, CALORIES, MACROS, ETC.

2

EXERCISE IS ADVERTISED AS A MODE FOR WEIGHT LOSS, A MEANS TO BECOME MORE ATTRACTIVE, OR PUNISHMENT FOR EATING

3

WEIGHT LOSS CHALLENGES IN WORKPLACES, AMONGST FAMILY MEMBERS, OR FRIENDS

4

A HEALTHCARE PROVIDER THAT FOCUSES ON BMI AND OVERLOOKS ASSESSING OTHER HEALTH MARKERS, FITNESS LEVEL, MOBILITY, PSYCHOLOGICAL WELL-BEING

5

BEFORE-AND-AFTER PHOTOS, THIN IDEALS, FIT IDEALS. ANYTHING THAT GENERATES A FEAR OF FAT OR POSITIONS LARGE AS LESS VALUABLE

6

PRAISING PEOPLE FOR VIGILANT EATING AND/OR WEIGHT LOSS

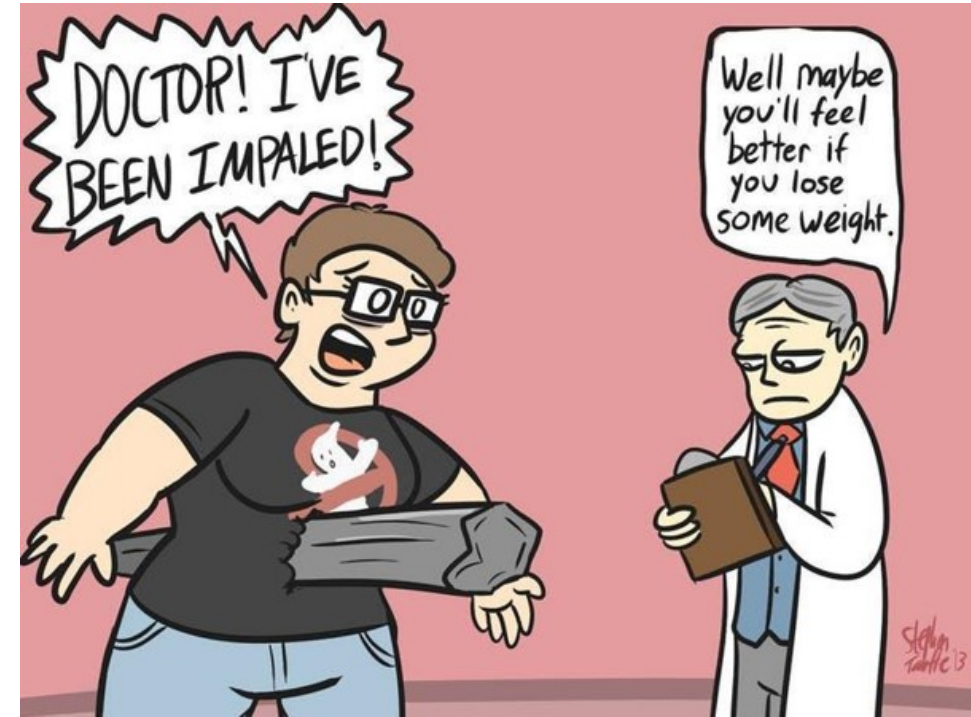
[Source](#)

# Diet culture & medicine

The idea that weight equates to one's health is not just from diet culture. Our health care system reinforces this idea from the time we are born.

The reality is:

- Weight is not an accurate measure of health
  - UCLA study
- Body Mass Index (BMI) was not designed for “every body”
  - Poodle Theory
- Behavior is a bigger indicator of health than the number on the scale



[Source](#)

# Diet culture – The facts

The reality is that diet culture has serious consequences:

- 35% of “occasional dieters” will develop compulsive dieting behaviors, and 20-25% of dieters will develop a full-blown eating disorder (NEDA)
- Almost half of American children between 1st – 3rd grade want to be thinner and half of 9 - 10-year-old girls are dieting (US Dept. of Health and Human Services)

# Part 2: What is Health at Every Size® (HAES)?

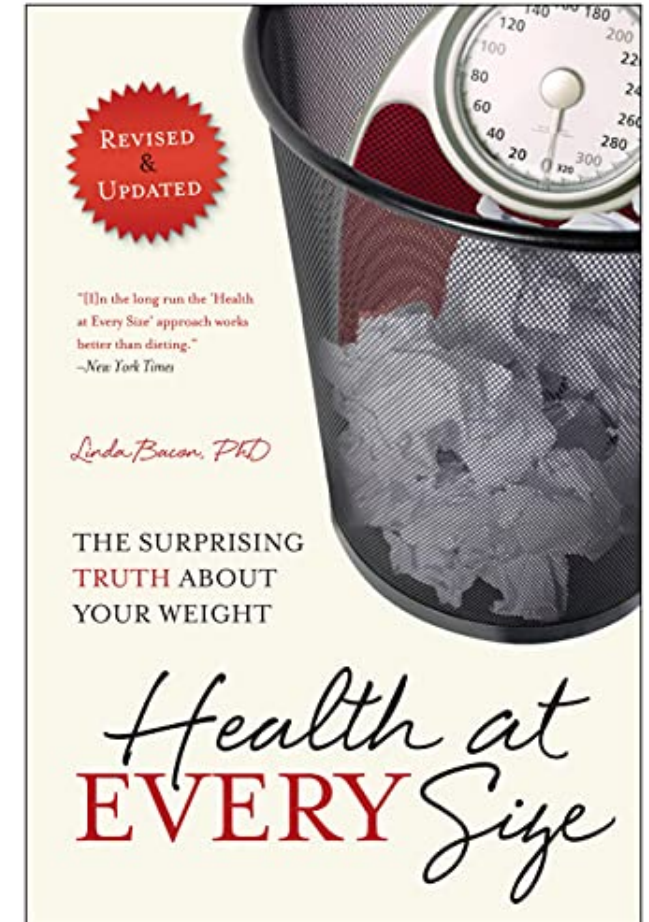


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# Health At Every Size® defined

The Health At Every Size® (HAES®) approach is a continuously evolving alternative to the weight-centered approach to treating people of all sizes.

- Promotes size acceptance
- End weight discrimination
- Combat culture obsession with weight loss and thinness



[Source](#)



# The five principles of HAES®

1. Weight inclusivity
2. Health enhancement
3. Eating for well-being
4. Respectful care
5. Life-enhancing movement

# Weight stigma & trauma

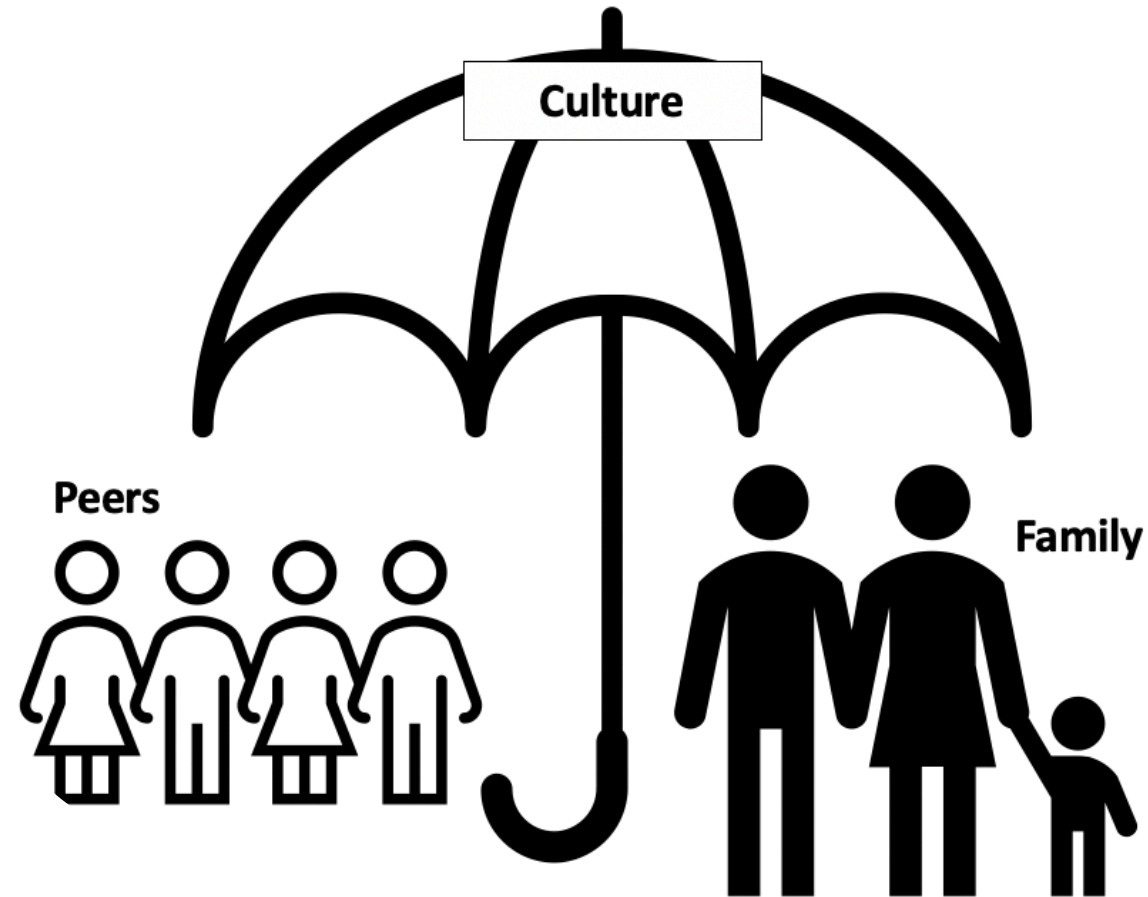
- Society has set certain standards of beauty and health that have become engrained in the way we view and value ourselves and others
- The experience of stigma and discrimination in any form negatively impacts our mental health and our physical health
- Weight-based discrimination has been associated with low self-esteem, poor psychosocial functioning, and psychological distress

# Part 3: Interventions & healing



[Source](#)

# Exploring body image influences



Source: Kate Jarvi

# Identifying appearance assumptions

- Clients have shared...
  - Attractive/thinner people are more successful
  - I will be more accepted by my friends, family, and society if I lose weight
  - Being thin and attractive gives me power
  - No one will love me if I'm fat
  - “Fat” is wrong/bad
  - Thinner is “healthier”
  - Fat people are lazy

# CBT Interventions

- Recognizing and replacing negative self-talk
  - Acknowledge the difficulty when culture reinforces some of these negative messages
  - Even if these messages are reinforced by culture, this does not mean they are true and/or helpful

Negative thought about self/body (unhelpful thinking patterns)	Challenge/Replace (neutral statements, more helpful thinking patterns)
“Nobody will ever love me at my current weight.”	“My weight does not determine if I am worthy of love” “My best friend loves me for who I am” “My compassion is a lovable quality of mine”
“I can’t wear the clothes I want because I’m too fat”	“It’s important that I wear clothes that feel good” “I get to determine what I do or do not wear”
“My weight is the problem. I am the problem. “	“Society’s view of weight is the problem”
“My legs are too big.”	“My legs are legs that help me travel from place to place.”

# Practicing respect for yourself and your body

- Start living life fully now rather than limiting yourself based on weight
- Stop body checking/weighing/comparing
- Wear clothes that feel good
- Participate in movement that feels good in your body
- Physical self-care
- Surround yourself with positive influences: peers, social media, etc.

# What can you do to fight back against stigma?

- Check your biases
  - Self-awareness is key to a shift in mindset
- Check your language
  - Avoid reassuring fears around weight-based words
- Educate and advocate
  - The HAES movement is always growing
  - Advocate for yourself, advocate for others



Source



# Resources

## Support

- Rock Recovery Therapy Groups – [Rock Recovery website](#)
- The Alliance for Eating Disorders Support Groups

## Books

- Health At Every Size – Dr. Lindo Bacon
- Body Respect – Dr. Lindo Bacon

## Podcasts

- The Body Kindness Podcast – Rebecca Scritchfield, RDN
- Food Psych Podcast – Christy Harrison, MPH, RD, CEDS

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# Questions



# Upcoming Events

## Integrating Spirituality into the Eating Disorder Recovery Process

- Thurs. Feb 10, 2022, 11am – 12:30pm ET
- [Register Here](#)
- [Download the Flyer Here](#)

Other Central East MHTTC events that might benefit your organization can be found on the [training and events calendar](#).



# Contact Us



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[Central East MHTTC website](#)  
[Oscar Morgan, Project Director](#)

[Danya Institute website](#)  
[Email](#)  
240-645-1145