



THE NON-DIET APPROACH

Throw away the scale & open your eyes to a new approach.

Dieting Trends



- Americans are dieting at the highest rate in history.
- 91% of college women and 32% of college men report dieting at some point.
- 57% of US women are now dieting, according to a national telephone survey.
- The diet industry is a multibillion dollar industry. Over the past twenty years, the diet industry has tripled its gross annual income to approximately \$60 billion.

Dieting Trends

- Girls who diet frequently are 12 times as likely to binge as girls who do not diet.
- Over one-half of teenage girls and nearly one-third of teenage boys use unhealthy weight control behaviors (skipping meals, fasting, smoking cigarettes, vomiting and taking laxatives).
- Quick weight loss schemes are amongst the most common consumer frauds. Diet programs have the highest customer dissatisfaction of any service industry.
- Between 90-99% of weight loss diets fail to produce permanent weight loss.

Nutrition and Eating Disorders on College Campuses

Studies show that 35% of dieters will end up having an eating disorder and many more will have a distorted relationship with food. In some cases, eating can become competitive. Some students may compete to be the thinnest and eat the least. Others may want to be the biggest and eat the most.

Source:

NationalEatingDisorders.org



Why Dieting is Bad....



- Stress of dieting or food deprivation often leads to abandonment of diet and an overeating episode or binge.
- Dieting leads to weight gain due to reduced needs for energy and increased ability to absorb energy from food.
- Females who diet are 12 times as likely to binge as females who don't diet.



MOVING AWAY FROM DIETS

About the Non-Diet Approach

About the Non-Diet Approach



- Weight is genetically determined.
- The theory that the body uses its stored form of energy (fat) to make up for needed energy is flawed.
- The body defends itself against weight loss, psychologically and physiologically.
- When food intake is restricted, a preoccupation with food causes feeling of deprivation to occur.



Shifting The Way We Think

The Diet Approach

Vs.

The Non-Diet Approach

Weight



Diet Approach	Non-Diet Approach
Achieving and maintaining ideal weight as close as possible is used as a measure of success.	Body will seek its natural weight as individual eats in response to physical cues of hunger and fullness as well as sense of well-being and pleasure.

Food



Diet Approach	Non-Diet Approach
<p>'Moralized as good/bad, legal/illegal, should/shouldn't, on/off diet. Variety, quantity, calories, fat grams, etc. determined by external source such as the diet, health care provider, or a parent...</p>	<p>Neutralized. All food is acceptable. Quantity, quality, and frequency are determined by individual exploring and responding to physical cues, sense of well-being, taste and medical values (glucose). It is self-regulated, internally cued and non-restrained.</p>

Exercise



Diet Approach	Non-Diet Approach
<p>Reaching and maintaining goal weight is dependent on exercise, which is often dropped when individual falls off diet. It is seen as “have to” or “should,” which commonly produces exercise resistance.</p>	<p>Physical activity, listening to body, seeking play, and natural movement are explored. Not connected to weight loss or change of body size or shape.</p>



dare to be different

6 Tenants of Health at EVERY Size

Health at Every Size



1. Good health is a state of physical, mental and social well-being.
2. Human beings come in a variety of shapes and sizes.
3. There is no ideal body size, shape, BMI or body composition.
4. Self-esteem and body image are strongly linked.
5. Each person is responsible for taking care of his/her own body.
6. Appearance stereotyping is wrong.



The Fine Line

Healthy vs. Unhealthy Eating and Exercise Practices

Eating...



Healthy is...

- ❑ Listening to your body. Eat when you are hungry; stop when you are full.
- ❑ Eating a variety of foods.
- ❑ Choosing food you like, eating it, and truly getting enough of it.
- ❑ Trusting your body.
- ❑ Flexible eating.

Unhealthy is...

- ❑ Not listening to your body's hunger signals.
- ❑ Restricting your food intake.
- ❑ Missing out on pleasurable foods.
- ❑ The thought of food and eating taking up a lot of your time & attention.
- ❑ Feeling guilt and anxiety about eating.

Exercising...



Healthy is...

- Doing activities you enjoy rather than activities you must do.
- Exercising because you want to, not because you have to.

Unhealthy is...

- Exercising when injured.
- Feeling guilt and anxiety when you are not able to exercise.
- Avoiding other responsibilities in order to exercise.
- Basing your happiness on the productivity of your workout.

Find ways to take care of yourself, and accept the size that your body is - when you are taking care of yourself at your unique healthy weight.

RESOURCES

Resources at UNH



Office of Health Education and Promotion

Health Services

(603) 862-3823

<http://www.unh.edu/health-services>

Health Services provides free nutrition counseling for all students who have paid the Health Services Fee. There is also a Resource Library filled with great books and videos on a variety of health topics, including nutrition and body image.

Books

The following books are available at the Health Services Resource Library.

- ***The Obesity Myth***
- ***Big Fat Lies***, Glenn Gaesser
- ***Nutrition Therapy***, Advanced Counseling Skills,
- ***Losing It***, False Hopes and Fat Profits in the diet industry
- ***Beyond Dieting***, Psychoeducational Interventions For Chronically Obese Women: A Non-Dieting Approach,
- ***Underage and Overweight***: Our Childhood Obesity Crisis – What Every Family Needs to Know
- ***Self-Esteem Comes in All Sizes***: How to be Happy and Healthy at Your Natural Weight
- ***Live Large!***: Affirmations for Living the Life You Want in the Body You Already Have
- ***The Invisible Woman***: Confronting Weight Prejudice in America
- ***The Diet Survivor's Handbook***: 60 Lessons in Eating, Acceptance and Self Care
- ***Am I Hungry?***: What to Do When Diets Don't Work
- ***Journey Toward Freedom***: Rediscovering the Pleasure of Normal Eating

Web Sites

- Body Image <http://www.bodypositive.com/>
- Healthy at Every Size <http://www.healthyweightnetwork.com/>
- A body image site for every body <http://www.adiosbarbie.com>
- National Association to Advance Fat Acceptance <http://naafa.org/>
- International Size Acceptance Organization <http://www.size-acceptance.org/>
- Radiance Magazine <http://radiancemagazine.com>
- Largesse: The Network for Self- Esteem <http://www.eskimo.com/~largesse/>
- Size Wise <http://www.sizewise.com/>
- UNH Health Services <http://www.unh.edu/health-services>