# Further Reading and Resources

## Doing no harm with Health At Every Size®

**Journal articles**

Bacon, L. & Aphramor, L. (2011). Weight Science: Evaluating the Evidence for a Paradigm Shift. Nutrition Journal. 10(9). http://www.nutritionj.com/content/10/1/9.

Bianchi, A. & Ricupero, M. (2020). Questioning the ethics of promoting weight loss in clinical practice. *Canadian Journal of Bioethics*. 3(1). https://cjb-rcb.ca/index.php/cjb-rcb/article/view/270

Hunger, J.M.; Smith, J.P.; Tomiyama, A.J. (2020). An Evidence-Based Rationale for Adopting Weight-Inclusive Health Policy. *Social Issues and Policy Review*. 14(1). https://spssi.onlinelibrary.wiley.com/doi/full/10.1111/sipr.12062

Mann, T.; Tomiyama, J.; Westling, E.; Lew, A-M.; Samuels, B.; Chatman, J. (2007). Medicare's Search for Effective Obesity Treatments: Diets are Not the Answer. *American Psychologist*. 62(3). 220-233. https://pubmed.ncbi.nlm.nih.gov/17469900/

**Media articles**

Hobbes, M. (2018). "Everything you know about obesity is wrong" *Highline*. Retrieved from https://highline.huffingtonpost.com/articles/en/everything-you-know-about-obesity-is-wrong/

Kolata, G. (2016). "After 'The Biggest Loser", Their Bodies Fought to Regain Weight." *The New York Times*. Retrieved from https://www.nytimes.com/2016/05/02/health/biggest-loser-weight-loss.html

**Websites**

- Association for Size Diversity and Health (ASDAH) website: sizediversityandhealth.org (lots of free resources including journal articles and webinars).
- University of Connecticut Rudd Centre for Food Policy and Obesity: http://www.uconnruddcenter.org/
- Body Positive Fitness Alliance: bodypositivefitness.org
- Intuitive Eating: https://www.intuitiveeating.org/
- Ontario Dietitians in Public Health (ODPH) website (resources for addressing weight bias in public health): odph.ca/addressing-weight-bias-resources

**Podcasts**

Dietitians Unplugged https://dietitiansunplugged.libsyn.com/
Food Psych https://christyharrison.com/foodpsych
All Fired Up (Australian) https://untrapped.com.au/podcast/