

Applying HAES[®] Principles to Advance Healthy Public Policy



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MADD

Activism | Victim Services | Education[®]



Grassroots Activism

- **People** coming together because they **share** similar **beliefs/values** and form a **community** to bring about **change**
 - Result of a tragic event; oppression/marginalization



Disclosure

- None

Objectives

- Identify the principles that define Health At Every Size[®] (HAES).
- Recognize the problems with current health messaging.
- Demonstrate how implementing HAES principles can advance healthy public policy.

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Health At Every Size



HEALTH AT EVERY SIZE

Number of people who have signed the HAES Pledge : 12236

→ Login



HAES Connections
the Pledge, Registry & Resources

Pledge
your commitment

View
the Pledge Signers

Join
the Registry

Search
the Registry

Locate
Resources

Find
a Speaker

Calendar



Health at Every Size® principles help us advance social justice, create an inclusive and respectful community, and support people of all sizes in finding compassionate ways to take care of themselves.

HAES includes the following basic components:

Respect

- ✓ Celebrates body diversity;
- Honors differences in size, age, race, ethnicity, gender, dis/ability, sexual orientation, religion, class, and other human attributes.

Critical Awareness

- ✓ Challenges scientific and cultural assumptions;
- Values body knowledge and lived experiences.

Compassionate Self-care

- ✓ Finding the joy in moving one's body and being physically active;
- Eating in a flexible and attuned manner that values pleasure and honors internal cues of hunger, satiety, and appetite, while respecting the social conditions that frame eating options.

An edited excerpt from Body Respect: What Conventional Health Books Leave out, Get Wrong and Just Plain Fail to Understand

<https://haescommunity.com/>

HAES Principles



HEALTH AT EVERY SIZE

Weight Inclusivity

Accept & respect diversity of body shapes & sizes.

Health Enhancement

Support health policies that improve & equalize access to information and services.

Respectful Care

Acknowledge biases. End weight discrimination & stigma.

Eating for Well-Being

Individualize eating/activity based on hunger, satiety, nutritional needs & pleasure.

Life-Enhancing Movement

Health At Every Size®



- Not against weight loss; against making weight loss a goal of treatment
- Advocates for **changing** the **culture** around weight ... not people's bodies.

Impact of Non-Diet Approaches on Attitudes, Behaviors, and Health Outcomes: A Systematic Review

Dawn Clifford, PhD, RD¹; Amy Ozier, PhD, RD²; Joanna Rundcrantz, PhD¹; Anna Kreiser, BS²; Michelle Norman, PhD¹

Health at Every Size intervention improves intuitive eating and diet quality in Canadian women

Unwin^b, Simone Lemieux^a, Lyne Mongeau^c, Marie-Ève Labonté^{a,e,1}

A weight-neutral versus weight-loss approach for health promotion in women with high BMI: A randomized-controlled trial

Janell L. Mensinger,^{a,*} Rachel M. Calogero,^b Saverio Strano^c

Effects of health at every size® interventions on health-related outcomes of people with overweight and obesity: a systematic review

M. D. Ulian¹, L. Aburad¹, M. S. da Silva Oliveira¹, A. C. M. Poppe¹, F. Sabatini¹, I. Perez¹, B. Gualano², F. B. Benatti^{2,3}, A. J. Pinto², O. J. Roble⁴, A. Vessoni¹, P. de Moraes Sato¹, R. F. Unsain⁵ and F. Baeza Scagliusi¹

Summary of Evidence Supporting HAES Approach

- Weight-neutral/non-diet approaches associated with statistical & clinical improvements in:
 - **physiological measures** (e.g. BP, blood lipids, BG)
 - **health behaviors** (e.g. physical activity, ↑ Fruit/Veg intake, and
 - **psychosocial outcomes** (e.g. mood, self-esteem, body image, anxiety)

Limitations of HAES Research

Clinical and methodological heterogeneity:

- Variable definitions of non-diet approaches
- Different assessment instruments
- Short-term studies with small sample sizes
- Not generalizable
- ‘Obesity’ treated behaviorally and excludes environmental influences

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5-10%

SUPPLEMENT
1

AMERICAN DIABETES ASSOCIATION

STANDARDS OF MEDICAL CARE IN DIABETES—2019

 American
Diabetes
Association.
ISSN 0149-5992

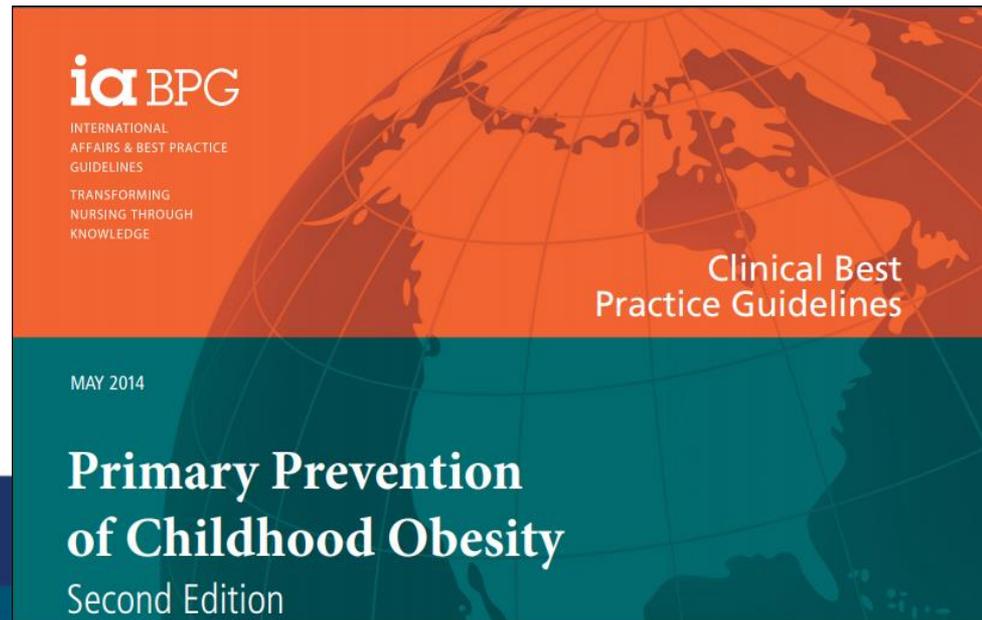
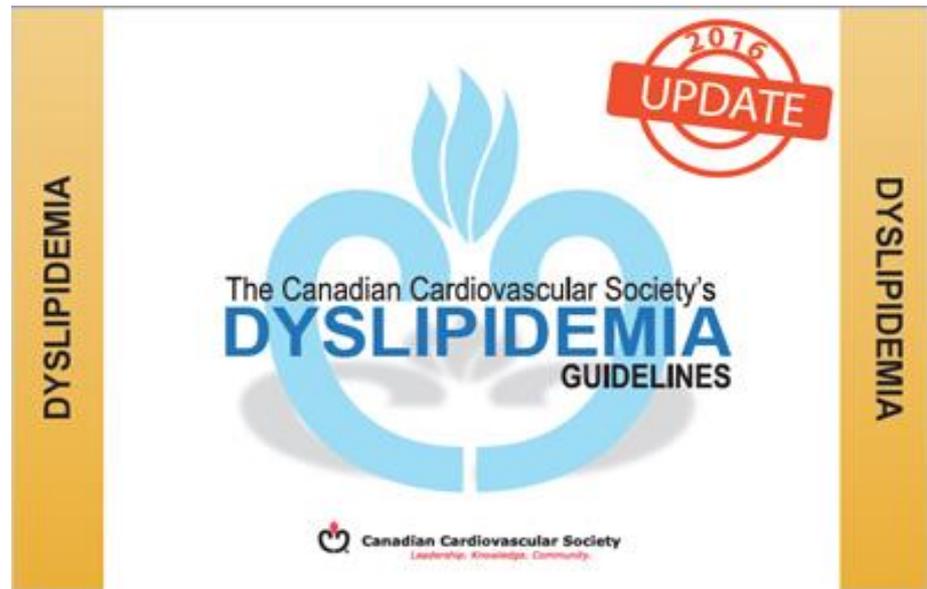
DIABETES CANADA

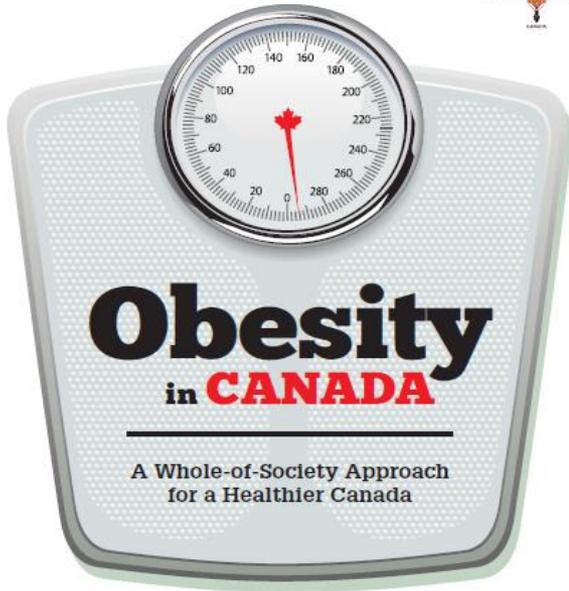
HOME

FAQS

Home > Professional Resources > 2018 Clinical Practice Guidelines

2018 Clinical Practice Guidelines





Public Health Ontario
PARTNERS FOR HEALTH

Santé publique Ontario
PARTENAIRES POUR LA SANTÉ

Addressing Obesity in Children and Youth: Evidence to Guide Action for Ontario

Report of the Standing Senate
Committee on Social Affairs,
Science and Technology

The Honourable Kelvin Kenneth Ogilvie, Chair
The Honourable Art Eggleton, P.C., Deputy Chair
March 2016

Government of Canada / Gouvernement du Canada | Canada.ca | Services | Departments | Français

Public Health Agency of Canada
Canadian Best Practices Portal

Canada

Chronic Diseases | Interventions | Resources | Public Health Topics | Policy Issues | Learn More

Cancer
Cardiovascular Diseases
Chronic Respiratory Diseases
Diabetes
Neurological Conditions

Chronic Diseases - Main page

Healthy Weights (Children)

Injuries
Integrated Approaches to Chronic Diseases
Mental Health and Wellness
Nutrition
Oral Health
Physical Activity
School Health
Seniors

Healthy Weights (Children)

Childhood obesity is a public health issue across the country. Currently, one in four children and youth in Canada are overweight or obese. Addressing the factors that contribute to obesity early in a person's life helps to reduce the likelihood of being overweight or obese in adolescence and adulthood.

What you will find

These resources provide Canadian and international information on childhood obesity to help you plan programs that promote healthy weights for children. For more information, please visit the Best Practices section for interventions related to [preventing childhood obesity](#).

Note: Several provinces/territories and international jurisdictions have healthy weight strategies and guidelines that promote healthy weights across many populations and are not specific to children and youth. For this information, please see the topic page on [healthy weights \(adults\)](#).

› Data

› Government Strategies (Frameworks, Action Plans, etc.)

Anti-Fat Campaigns Using Moral Panic



The image displays four vertical panels, each featuring a black and white portrait of a child at the top. Below each portrait is a red banner with the word "WARNING" in white, bold, capital letters. Underneath the banner is a white box containing a message in black, bold, capital letters. At the bottom of each panel is the website address "stopchildhoodobesity.com" in a smaller font.

WARNING
**CHUBBY KIDS
MAY NOT
OUTLIVE THEIR
PARENTS**
stopchildhoodobesity.com

WARNING
**FAT KIDS
BECOME FAT
ADULTS.**
stopchildhoodobesity.com

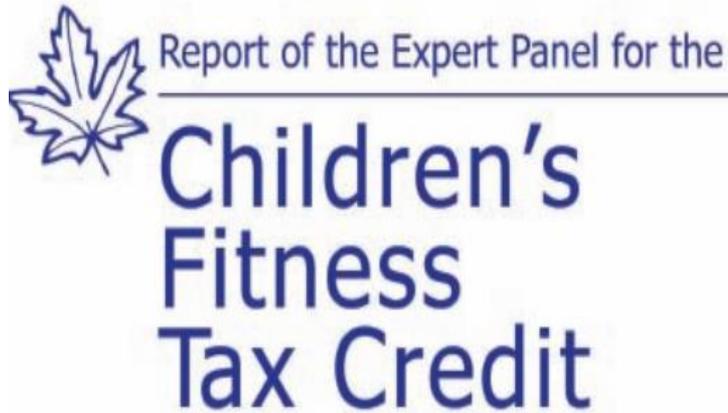
WARNING
**BIG BONES
DIDN'T MAKE ME
THIS WAY.
BIG MEALS DID.**
stopchildhoodobesity.com

WARNING
**HE HAS HIS
FATHER'S EYES,
HIS LAUGH AND
MAYBE EVEN HIS
DIABETES.**
stopchildhoodobesity.com

Anti-Fat Campaigns Using Moral Panic



Campaigns Using Incentives



participACTION.com

 Government of Canada	Gouvernement du Canada
MENU ▾	
Home > Public Health Agency of Canada	
Kid Food Nation	
From: Public Health Agency of Canada	

Limitations of CPGs & Public Health Messaging

Limitations

- Emphasis on individual responsibility – promotes self-blame , judgement & stigmatization.
- Failure to address the social determinants of health (SDoH).
 - E.g. Working conditions, housing, SES, environment
- ‘Obesity’ = major health issue defined by BMI.

B – Bull\$&%#

M – Measuring

I – Index

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What is Healthy Public Policy?

“... an explicit **concern** for **health** and **equity** in all areas of policy and by an **accountability** for **health impact**.

The main **aim** of healthy public policy is to **create** a **supportive environment** to enable people to lead **healthy lives**.

Such a policy makes **health choices possible** or **easier** for citizens. It makes **social** and **physical environments health-enhancing**.”

“The most **effective** and **ethical approaches** should be **aimed** at **changing** the **behaviours** and **attitudes** of those who **stigmatize** rather than towards targets of weight stigma.”

Applying HAES Principles to Public Policy

Weight
Inclusivity

Health
Enhancement

Respectful
Care

- Healthier societies across all sizes, require public health interventions to include strategies that:

Recommendation #1

- Reduce anti-fat stigma; acknowledge fat stigma as a population health threat

Applying HAES Principles to Public Policy

Weight
Inclusivity

Health
Enhance-
ment

Respectful
Care

Eating for
Well-Being

Life-
Enhancing
Movement

- **Recommendations:**

2. Promote health behaviours independent of weight

3. Replace BMI as a measure of health

4. Avoid increasing inequities

- Include determinants of health
- Conduct health equity analyses when evaluating proposed or existing public health strategies

Social Ecological Model



Rally calls for end to 'shaming and blaming' people for weight

By: Nick Martin





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Activism | Victim Services | Education[®]



How can HAES principles
advance healthy public
policy?

Make it about HEALTH ...



NOT weight.

References

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