

Linda Bacon, PhD

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OVERVIEW

Linda Bacon earned her doctorate in physiology from the University of California, Davis, and also holds graduate degrees in psychology and exercise science. She has professional experience as a researcher, clinical psychotherapist, exercise physiologist, and educator. Currently, Dr. Bacon serves as an associate nutritionist at the University of California, Davis, and is the lead investigator for a clinical research study co-sponsored by the U.S. Department of Agriculture. She is also a nutrition professor in the Biology Department at City College of San Francisco.

EDUCATION

Ph.D.	Physiology, University of California, Davis <i>Specialization: Nutrition/Weight Control</i>	2001
M.A.	Exercise Science, San Francisco State University <i>Specialization: Metabolism</i>	1998
M.A.	Psychotherapy, Naropa Institute <i>Specialization: Eating Disorders/Body Image</i>	1987
B.A.	Liberal Arts, Wesleyan University	1985

CURRENT POSITIONS

Associate Nutritionist, University of California, Davis Since 1999

- Held various research positions in the Nutrition Department and the Agricultural Research Center.
- Maintain research collaboration with the United States Department of Agriculture.

Nutrition Professor, City College of San Francisco Since 2001

Health and Fitness Consultant, Private Practice Since 1993

- Train health care professionals to work effectively with clients with weight control concerns. Have conducted seminars with audiences of up to 500.
- Conduct motivational/informational weight control seminars for the general public.
- Advise individuals and organizations on implementing health strategies.

SELECTED RECENT SCIENTIFIC PUBLICATIONS

Bacon, L, End the War on Obesity: Make Peace With Your Patients. *Medscape General Medicine*. 2006;8(4):40.

Bacon, L, Author's Reply to "Readers Respond to "End the War on Obesity: Make Peace With Your Patients." *Medscape General Medicine*. 2007;9(1):47.

- Bacon, L, VanLoan M , Stern JS, Keim N. Size Acceptance and Intuitive Eating Improves Health for Obese Female Chronic Dieters. *Journal of American Dietetic Association*. 2005;105:929-936.
- Bacon L, VanLoan M , Stern JS, Keim N. Low Bone Mass in Premenopausal Chronic Dieting Obese Women. *European Journal of Clinical Nutrition*. 2004; 58, 966-971.
- Bacon, L., Tales of Mice and Leptin: False Promises and New Hope in Weight Control. *Healthy Weight Journal*, 2003;17(2):24-27.
- Bacon, L., Keim, N.L., Van Loan, M.D., Derricote, M., Gale, B, Kazaks, A., and Stern, J.S., Evaluating a "Non-diet" Wellness Intervention for Improvement of Metabolic Fitness, Psychological Well-Being and Eating and Activity Behaviors. *International Journal of Obesity*, 2002; 26(6), 854-865.
- Stern JS, Bacon L, Keim NL, Van Loan MD. Osteoporosis In Premenopausal Chronic Dieting Obese Women. *9th International Congress of Obesity*, 2002; Sao Paulo, Brazil.
- Bacon L, Keim NL, Van Loan MD, Stern JS. Evaluation Of A Non-Diet Wellness Program For Obese Women. *9th International Congress of Obesity*, 2002. Sao Paulo, Brazil.

SELECTED RECENT POPULAR PRESS ARTICLES

Bacon, L, Cutting obesity epidemic down to size, LA Times, 12/4/2006.

SELECTED RECENT MEDIA INTERVIEWS (limited to 6/1/05 to present)

Television

- ♦ *ABC 11 pm news* (KXTV-10), 6/6/05. Reporter: Dana Howard.
- ♦ *CBS5 Eyewitness News*, 6/5/05.
- ♦ *KDTV* - Channel 14, (Spanish broadcast), 6/5/05. Reporter: Maria Elena Salinas.
- ♦ *NY Times Health Minutes*, 6/20/05, Reporter: Gina Kolata.
- ♦ *PBS-TV*, Bacon interview was broadcast numerous times on several PBS affiliates across the country and on UCTV (University of California). Reporter: Paul Pfothenauer.

Radio

- ♦ *German Public Radio* (translated into German), 6/5/05, Reporter: Klaus Autumn.
- ♦ *Kahwat El Deera* (translated into Arabic, broadcast throughout Arab emirate), 6/20/05, Reporter: Fatima Parker.
- ♦ *KBFK* (interview aired numerous times), 6/11/05, Reporter: Marianne Russ.
- ♦ *Radio Noticias* (translated into Spanish, broadcast over 100 affiliates), 1/23/06 and 4/5/06, Reporter: Alberto Hauffen.

Print

- ♦ *Agricultural Research Magazine* (United States Department of Agriculture), Reporter: Marcia Wood, 3/06.
- ♦ *Allure Magazine*, Reporter: Christine M. Palumbo, 3/06.

- ♦ *Arthritis Today*, Reporter: Dorothy Foltz-Gray, 12/7/05 (interview date).
- ♦ *ASDAH News (Association for Size Diversity and Health)*, Reporter: Claudia Clark, 9/05.
- ♦ *Better Health and Living (The Enquirer)*, Reporter: Marianne McGinnis, Feb/March 2006.
- ♦ *Chatelaine*, Reporter: Maureen Halushak, 9/05.
- ♦ *The Economist*, Reporter: Geoffrey Carr, 6/1/05 (interview date).
- ♦ *East Bay Express*, Reporter: Lauren Gard, 9/13/06.
- ♦ *First For Women*, Reporter: Olga Norstrom-Ojeda, 10/17/05 (Vol 17, Issue 42).
- ♦ *Grazia (In Italian)*, Reporter: Simona Coppa, 9/9/05.
- ♦ *Health Magazine*, Reporter: Frances Lefkowitz, 11/1/05.
- ♦ *L.A. Times*, Reporter: Rosie Mestel, 7/23/05.
- ♦ *New Scientist*, Reporter: Richard Lovett, 9/24/05.
- ♦ *New York Times*, Reporter: Nicholas Bakalar, 6/1/4/05.
- ♦ *Prevention Magazine*, Reporter: Marianne McGinnis, to be published Spring 2006.
- ♦ *Reuters*, Reporter: Amy Norton, 6/8/05.
- ♦ *San Francisco Chronicle*, Reporter: Rob Stein, 6/28/05.
- ♦ *Self*, Reporter: Maura Corrigan, 10/05.
- ♦ *Self*, Reporter: Loolwa Khazzoom, 7/19/06 (interview date).
- ♦ *Shape*, Reporter: Carol Potera, date TBA.
- ♦ *Shape*, Reporter: Hayley Krischer, to be published 4/06.
- ♦ *Tech Central Station*, Reporter: Sandy Swarzc, 6/5/05.
- ♦ *UC Davis Magazine*, Reporter: Pat Bailey, Fall 2005 (Vol 23, No 1).
- ♦ *U.S. News & World Report*, Reporter: Amanda Spake, 1/16/06.
- ♦ *U.S. News & World Report*, Reporter: Amanda Spake, 6/6/05.
- ♦ *Washington Post*, reprinted in *San Francisco Chronicle*, Reporter: Rob Stein, 6/28/05.
- ♦ *WedMD*, Reporter: Elaine Magee, 5/1/06.
- ♦ *Women's Health*, Reporter: Peggy Noonan, Nov/Dec 2005.

Video Documentaries

- ♦ *Vanity Insanity*, filmed 2/12/07, Insight Film Studio (western Canada's largest independent production company), Vancouver, Canada. The documentary focuses on body-image-related stories, and includes a broader range of beauty, gender, media, fashion and culturally related topics and stories typically found in the media.
- ♦ *Aubergine Production Services*, filmed 8/13/05. Educational video promoting accepting one's body size and adopting positive health behaviors.

- ♦ *Holland Entertainment*, filmed 8/13/05. Documents an individual's journey towards accepting their body.

Earlier Significant Discussions of Bacon's Work (small sampling):

- ♦ McCain, Jack, *The Weight Debate, Continued, Managed Care*, December 2004.
- ♦ Yazel, Leslie, *Find Your Happy Weight*, *Self Magazine*, September 2004.

Internet Mentions

Sampling of websites that cite Bacon, accessed 6/28/05:

- ♦ <http://cbs5.com/localwire/localnews/bcn/2005/06/05/n/HeadlineNews/DIET-STUDY/resources/bcn.html>
- ♦ <http://elsebeth.hansen.homepage.dk/haes.html> (Swedish)
- ♦ <http://embracingoursize.bravejournal.com/>
- ♦ <http://www.news-medical.net/?id=10544>
- ♦ http://nutritionalconcepts.blogspot.com/2005_06_01_nutritionalconcepts_archive.html
- ♦ <http://www.emaxhealth.com/1/2319.html>
- ♦ <http://www.englemed.demon.co.uk/week05jun3.htm>
- ♦ http://www.eurekalert.org/pub_releases/2005-05/uoc--nms052605.php
- ♦ http://www.foodconsumer.org/777/8/Non-dieters_more_successful_at_boosting_health_than_dieters_study_finds.shtml
- ♦ http://www.healthandage.com/default.cfm?curr_navi=02&curr_content=02&spr=en&framedef=1&curr_paramlist=healthandage;3017;2;haa_online_from;2;1;3;-;dsp_tooldetail
- ♦ <http://www.hmnews.org/article2355.html>
- ♦ <http://www.innovations-report.com/html/reports/studies/report-44897.html>
- ♦ http://www.news.ucdavis.edu/search/news_detail.lasso?id=7382
- ♦ <http://www.news10.net/storyfull1.asp?id=11337>
- ♦ <http://www.onthewhole.net/>
- ♦ <http://www.pahealthsystems.com/message443953.html>
- ♦ <http://www.sciencereporter.de/> (German)
- ♦ <http://www.smokersclubinc.com/modules.php?name=News&file=article&sid=1678>
- ♦ <http://www.staffnurse.com/nursing-news-articles/health-improves-with-dieting-alternative-1267.html>
- ♦ http://www.teanobi.com/forum/archive.php/o_t_t_374_view_previous_index.html
- ♦ <http://www.ucdavis.edu/spotlight/0605/diets.html>
- ♦ <http://www.untergeek.com/>

Sampling of additional sites accessed 9/19/05, 4/05/06, 5/1/06

- ♦ <http://www.ars.usda.gov/is/AR/archive/mar06/health0306.htm>
- ♦ http://www.ars.usda.gov/research/publications/publications.htm?seq_no_115=170210
- ♦ http://broadcast.ucdavis.edu/search/broadcast_detail.lasso?id=191
- ♦ http://channels.netscape.com/homerealestate/package.jsp?name=fte/donnotdiet/donnotdiet&floc=HR-1_T
- ♦ <http://ucce.ucdavis.edu/datastore/detailreport.cfm?usernumber=2386&surveynumber=199>
- ♦ http://www.foodconsumer.org/777/8/Health_At_Every_Size_New_Hope_for_Obese_Americans_.shtml

- ♦ <http://www.hugs.com/01facilitator/corporate.htm>
- ♦ <http://www.kjzg.com.cn/newver/browarticle.php?articleid=774> (Chinese)
- ♦ http://www.macleans.ca/topstories/health/article.jsp?content=20050915_161746_3376
- ♦ <http://www.medicalnewstoday.com/medicalnews.php?newsid=25384>
- ♦ http://www.medicalpost.com/mpcontent/article.jsp?content=20050913_191511_4796
- ♦ <http://www.naafa.org/Newsletters/Summer%202005%20NAAFA%20Newsletter.htm>
- ♦ <http://www.nasulgc.org/foodsociety/meeting05/Size%20Acceptance.pdf>
- ♦ <http://www.onthewhole.info/2005/04/>
- ♦ http://www.papaya-palace.com/katlog/archives/2005_07.html
- ♦ http://www.realage.com/news_features/tip.aspx?dat=18_7_2005
- ♦ http://www.size-acceptance.org/without_measure/wom0805_page7.html
- ♦ <http://www.techcentralstation.com/060205D.html>
- ♦ http://www.thebodypositive.org/page-view.php?record_id=2
- ♦ <http://www.ucdavis.edu/spotlight/0605/diets.html><http://www.amptoons.com/blog/archives/2005/06/02/fat-acceptance-healthier-than-dieting/>
- ♦ http://www.rockymountainnews.com/drmn/opinion_columnists/article/0,2777,DRMN_23972_4375514,00.html
- ♦ <http://www.webmd.com/content/article/121/114323.htm>

Bacon's work has been discussed or used in over 50 scientific or academic resources (small sampling):

- ♦ Cohen, , L, Perales, DP, and Steadman, C, The O Word: Why the Focus on Obesity is Harmful to Community Health Californian Journal of Health Promotion 2005, Volume 3, Issue 3, 154-161
- ♦ Matz, J and Frankel, E. Attitudes Toward Disordered Eating and Weight: Important Considerations for Therapists and Health Professionals, Health at Every Size journal, Vol 19(1).
- ♦ Robison, J, Health at Every Size: Antidote for the "Obesity Epidemic," Health at Every Size journal, Vol 19(1).
- ♦ Robison, J, The Childhood Obesity Epidemic: What's The Real Problem and What Can We Do About It? 2005.
- ♦ Berg, F M. (editor), Media Education Syllabus on OBESITY AND MORTALITY, August 29, 2005; revised 10/17/05.
- ♦ Liebman, M, Promoting healthy weight: Lessons learned from WIN the Rockies and other key studies, Journal of Nutrition Education and Behavior, Nov 2005 (37, Suppl. 2).

Bacon's work discussed in foreign newspapers:

- ♦ The Independent (UK), Reporter: Jerome Burne, 6/21/05.

Bacon has provided interviews for numerous books soon to be published. One was recently released:

- ♦ Simon, Michele, Appetite for Profit: *How the Food Industry Undermines our Health and How to Fight Back*, 2006.

Bacon provided cover testimonials for the following books:

- ♦ Campos, Paul (2004). *The Obesity Myth*. Gotham Books. (Also provided testimonial for a CEU course based on this book.)
- ♦ Sarasohn, Lisa (2006). *The Woman's Belly Book*, New World Library.