

Linda Bacon, PhD

OVERVIEW

I am an internationally recognized authority on weight and health. I earned my doctorate in physiology from the University of California, Davis, and also hold graduate degrees in psychology and exercise science. I have professional experience as a researcher, clinical psychotherapist, exercise physiologist, and educator. Currently, I am employed as a nutrition professor and an associate nutritionist (researcher) and maintain a private consulting practice. I am a popular and engaging speaker, and regularly conduct educational seminars. My book, *Health at Every Size*, has received wide acclaim.

EDUCATION

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

CURRENT EMPLOYMENT

Associate Nutritionist University of California, Davis 1999 to present

- My research examines the efficacy of Health at Every Size (HAES) in improving the health of obese women. HAES differs from conventional treatment recommendations in two significant ways: supporting body-acceptance as opposed to encouraging weight loss, and encouraging reliance on internal regulatory processes, such as using hunger and satiety to regulate food intake, as opposed to encouraging cognitively-imposed dietary restriction.
- I am currently designing a randomized controlled study examining whether a twelve-week HAES intervention conducted in a health maintenance organization (Kaiser) can effectively improve physiologic risk factors (including hypertension, dyslipidemia, and glucose control) and psychological health, eating behavior, diet quality, and activity habits in obese, at-risk women.

Nutrition Professor City College of San Francisco 2001 to present

- I teach nutrition with a focus on sustainability, giving attention to both personal and planetary health. My courses are intended to empower students to consciously define

Linda Bacon, PhD

their values and to make satisfying nutritional choices that support these values. I am committed to helping people of all sizes regain a pleasurable relationship with food.

- I have completed a rough draft manuscript, called *Eat Well: For Your Self, For the World*, which I used as a textbook.

- | | | |
|-------------------|------------------|-----------------|
| Consultant | Private Practice | 1993 to present |
|-------------------|------------------|-----------------|
- I advise health care practitioners and agencies on strategies for implementing HAES.
 - I also consult with individuals: supporting them in improving their relationship with food and their bodies; educating on strategies to prevent, reverse or manage cardiovascular disease, diabetes, and eating disorders; and helping them find the motivation to make change.

Previous EMPLOYMENT

- | | | |
|---|--|-----------|
| Exercise Physiologist/Personal Trainer | | 1998-2001 |
|---|--|-----------|
- Private Practice, San Francisco, CA
- Consulted with individuals regarding athletic performance and/or weight concerns.

- | | | |
|--------------------------------|--|-----------|
| Chief Executive Officer | | 1989-1995 |
|--------------------------------|--|-----------|
- Medical Ease, Inc., San Francisco, CA
- Founded, directed and eventually sold a profitable computer support business.
 - Managed a staff of 6 employees and many subcontractors.
 - Oversaw all aspects, including service provision, marketing, hiring and training, growth and development, finances and payroll, and client relations.

- | | | |
|------------------------|--|-----------|
| Psychotherapist | | 1986-1987 |
|------------------------|--|-----------|
- Boulder Memorial Hospital Outpatient Eating Disorders Program, Boulder, CO
- Provided psychotherapy for women with eating disorders.

- | | | |
|--|--|-----------|
| Psychotherapist/Workshop Leader | | 1985-1987 |
|--|--|-----------|
- Women & Food Program, Boulder Valley Women's Health Center, Boulder, CO
- Provided psychotherapy and led support/therapy groups and workshops for women with eating disorders.
 - Conducted outreach and recruitment.

PEER-REVIEWED PUBLICATIONS (SELECTED)

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.

Linda Bacon, PhD

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.

LAY PUBLICATIONS (SELECTED)

Bacon, L., *Health at Every Size: The Surprising Truth About Your Weight*, BenBella Books, 2008.

Bacon, L., *Eat Well: For Your Self, For the World*, Lulu Books (manuscript-in-progress), 2009.

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

INVITED SEMINARS (SELECTED)

Urban School, 3/4/09

Berkwood Hedge School, 1/22/09

City College of San Francisco, 11/7/08

Iceland Air, 5/30/08

Reykjavik University, Iceland, 5/28/08

University of Santa Clara, 5/8/08

Society for Nutrition Education, 2007

California Dietetic Association, 2007

INVITED SEMINARS (SCHEDULED)

Binge Eating Disorder Association, 6/19/09

Coventry University, UK, 7/09

National Association to Advance Fat Acceptance, 8/1/09

Linda Bacon, PhD

MEDIA INTERVIEWS (SELECTED)

I am frequently interviewed for newspaper, magazine, internet, television, radio, and video documentaries. Following is a small sampling, chosen from several hundred.

- ♦ Newspaper: East Bay Express, Los Angeles Times, Managed Care, The New Statesman (UK), The New York Times, Reuters, San Francisco Chronicle, Sacramento Bee, U.S. News & World Report, and Washington Post.
- ♦ Magazines/Journals: Allure, American Psychological Association Journal, Arthritis Today, Better Health and Living, The Economist, The Enquirer, First for Women, Health Magazine, L'Express (France), Marie Claire, New Scientist, Prevention, Readers' Digest, Self, Shape, Sunday Telegraph (UK), and Women's Health.
- ♦ Internet: Dove's Natural Beauty Campaign, Med Journal Watch, MSN Health Channel, and WebMD.
- ♦ Television: ABC News, CBS5 Eyewitness News, KDTV (Spanish radio), KTVU (Channel 2), NY Times Health Minutes, PBS-TV.
- ♦ Radio: German Public Radio (Germany), Kahwat El Deera (Arab Emirates), Radio Noticias.
- ♦ Video/DVD Documentaries: Sustaining Your Perfect Weight (The Body Positive), Vanity Insanity, Aubergine Production Services, Holland Entertainment.

Additional information can be found at www.LindaBacon.org.