

Weight Science:

Examining the Evidence for a Paradigm Shift



Myth	Reality
Fat kills.	On average, “overweight” people live longer than “normal” weight people.
Lose weight, live longer.	No study has ever shown that weight loss prolongs life.
Anyone can lose weight if he or she tries.	Biology dictates that most people regain the weight they lose, even if they continue their diet and exercise programs.

In this provocative talk, Dr. Bacon takes a hard look at the scientific evidence for these and other assumptions of the currently accepted weight paradigm and comes up with a surprising conclusion. Bacon contends that much of the health risk associated with weight is iatrogenic, caused by faulty assumptions of well-intended obesity “experts” rather than adiposity itself. She’ll discuss strategies for framing and interpreting your own work with an open mind and respect for the community you want to help.

Dr. Bacon is a physiologist with additional graduate degrees in psychology and exercise science. She is affiliated with City College of San Francisco and University of California, Davis and author of *Health at Every Size: The Surprising Truth About Your Weight*.

Monday October 18, 2010

1:00 - 3:00 pm

CSP/Alliant SF Campus | 1 Beach Street | San Francisco
Room 218