



HEALTH AT EVERY SIZE

## Can We Talk?

Time to Hear All Sides in the "War on Obesity"

Too many journalists are missing half the story - maybe the correct half - on fat. Are you?

Wherever you stand on your beliefs on weight and health, *can we talk?*

I'm a leader in the growing Health at Every Size "peace movement," grounded in science and civil rights, opposing the War on Obesity. We are scientists, health practitioners, and others, across a wide range of disciplines, who question the dogma that you must be thin to be healthy - and that encouraging people to lose weight is helpful. From government institutions to popular culture, the emphasis needs to shift from *weight* to *health* - from how we are shaped to the shape we're in - for Americans to enjoy better health.

Check out my [blog post calling journalists to the table](#). It's the inaugural post for the new [Association for Size Diversity and Health blog](#), and I'll be posting there regularly.



### A Trusted Source for Journalists

I am Linda Bacon, PhD, professor, scientist and author, and advocate for [Health at Every Size](#), (HAES), which is also the title of my book. *Talk to me* for nuanced, fact-based reporting on weight and health.

I'm not selling products or services and I have no corporate ties. I'm a nutrition professor at City College of San Francisco and an associate nutritionist at the University of California, Davis. I hold a doctorate in physiology (specialty: weight regulation) and graduate degrees in psychology (eating disorders and body image) and kinesiology

(exercise metabolism).

I lecture widely and have appeared in TV, radio and news reports, blog posts and magazine articles, including recent and upcoming coverage in the *New York Times*, *More*, *Prevention* and the documentary *America the Beautiful*. (Links are at my [website](#) and in my online [Press Kit](#).)

I am also well published in the scientific literature. I recently surveyed the growing body of *anti-anti-obesity* evidence in a peer-reviewed [Nutrition Journal](#) article, one of the publication's most "highly accessed." The review has been hotly discussed in hundreds of articles and blogs.

## Many Obesity "Facts" are Myths

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### Obesity War vs. Weight Neutrality

Linda's research and advocacy challenge conventional obesity "science" and dispute the value of a "war on obesity." See Linda take on a leading anti-obesity authority, *mano a mano*, in debate at the [American Dietetic Association conference](#) in San Diego, September 25.

So much hype, fear and untested dogma surround the issue of weight and health, it's hard to know what's true. More than in any other scientific field, association gets taken for causation, and prejudice masquerades as concern. When you want to step back and get a judicious look at real data, *talk to me*.

I can help you make sense of the science, the social impact and the costs. Whatever your obesity-related coverage--whether it's Jamie Oliver in Appalachia or fitness trends on the coasts, the cost of medical care or the First Lady's Let's Move initiative--the facts behind the "facts" may surprise you. With reference to solid, government-sponsored studies, for instance, I can explain these ideas:

- Body Mass Index (BMI) was derived politically, not based on scientific evaluation of health implications. Using it leads to misdiagnoses in people of all sizes.
- Weight loss, for most people, is unobtainable or unsustainable due to biological constraints. "Prescribing" it helps no one. It actually backfires, supporting weight anxiety, feelings of failure - and weight *gain*.
- Diet-induced weight cycling actually causes many of the very conditions blamed on fat, while heavy but stable-weight people fare better.
- The "ironclad" notion that obesity leads to early death is wrong: Mortality data show "overweight" people, on average, live longest and the moderately "obese" people have similar longevity to those in the category deemed "normal" and advisable.

When "obesity" is the target, sound medicine falls by the wayside. Unforeseen costs run from ineffectual medical interventions (like futile advice to reduce) to the collateral psychological damage that arises from stigmatizing fat. Meanwhile, billions of taxpayer and consumer dollars have disappeared in pursuit of a slimmer future.

### **We Need to Talk!**

Whatever the weight-related topic you're covering, getting HAES viewpoints can add depth and understanding. Is it **diets** you're covering? I have a doctorate in physiology and can explain how stubborn physiological mechanisms impede long-term weight loss. Researching **health consequences**? I can describe how associations between weight and disease *almost disappear* when factoring in activity, nutrition, diet history and socioeconomic status. What about **health care costs**? I can show you how much of what we attribute to weight can really be blamed on weight stigma. Writing about **food deserts** and obesity-poverty links? I can show you how judgments about weight and fat are especially damaging for the disadvantaged. When **childhood obesity** is the topic, I can help you see how painful it is when we target the fat kids - and identify more effective interventions to improve our kids' health and well-being. I take a strong stand on these issues: By framing her efforts as obesity prevention, Michelle Obama is a bigger threat to our children's health than their weight.

Ready to dig deeper? [Email](#) me. Or call me at 510-542-7317. Monitor the vibrant HAES conversations on my [Facebook](#) and [Twitter](#) feeds. Watch for my monthly blog post on the [Association for Size Diversity blog](#). I'm also happy to connect you with other HAES experts who can add additional perspective.

Given the strength of the evidence behind HAES, **"obesity" news is**

**incomplete without contrarian voices.** For compassion, reasoned thinking and expertise to help you get the story right, please, *talk to me.*

**Warmly,**  
Linda Bacon

PS: I lecture widely and have appeared in TV, radio and news reports, blog posts, magazine articles and documentaries. View my [Online Press Kit](#) for links. For more on me and HAES, visit [www.LindaBacon.org](http://www.LindaBacon.org), follow the links below or to the right or call me: (510) 542-7317.

