

**Linda Bacon, PhD**  
**Health at Every Size Resources**

Provided as ancillary material to Linda Bacon's Australian speaking tour, October 2013. This file can be downloaded with active hyperlinks from <http://www.lindabacon.org/speaking-consulting/>.

Almost all of the information provided in the talk is supported by concepts and references in one of the following:

- Bacon, L., & Aphramor, L. *Weight Science: Evaluating the Evidence for a Paradigm Shift*, Nutrition Journal, 2011, 10(9). (<http://www.nutritionj.com/content/10/1/9>). Peer-reviewed.
- Bacon, L., *Health at Every Size: The Surprising Truth about Your Weight*, BenBella Books, 2010. ([www.HAESbook.com](http://www.HAESbook.com)). A guidebook explaining the science behind HAES with practical tips on how to implement it. Discusses the research study that inspired the book.

Some of the **science is summarized** in simple terms in the [HAES Manifesto](http://www.lindabacon.org/HAESbook/pdf_files/HAES_Manifesto.pdf), which is found online ([http://www.lindabacon.org/HAESbook/pdf\\_files/HAES\\_Manifesto.pdf](http://www.lindabacon.org/HAESbook/pdf_files/HAES_Manifesto.pdf)) and in the Appendix to my book.

**Short educational letters addressing concerns of different people** or groups can be found in the Appendix of my book or at <http://www.lindabacon.org/HAESbook/excerpts.html>. These can stand alone or accompany the HAES Manifesto. They include letters to doctors, school administrators, fitness trainers, people who have lost weight, people who consider size acceptance dangerous, people considering bariatric surgery, and more. You'll also find supportive reminders, like the "Live Well Pledge," downloadable in different formats, including business cards or bookmarks.

**Health at Every Size Community Resources:** [www.HAESCommunity.org](http://www.HAESCommunity.org). This includes three aspects (all free): the HAES pledge—a great way to help people channel their energy and feel like they're doing something; a registry for finding (and promoting) HAES practitioners (list yourself!); and a resource list. Encourage people to show their support and take advantage of the services.

HAES Educational Podcasts (on YouTube)

- For Individuals Wanting to Lose Weight: <http://www.youtube.com/watch?v=PetRNq2v3A>
- Health Providers' Edition: [http://www.youtube.com/watch?v=XKILHIX2\\_UI](http://www.youtube.com/watch?v=XKILHIX2_UI)

**Links to most of the mentioned resources** are on Linda's websites and/or the HAES Community Resources:

- [www.LindaBacon.org](http://www.LindaBacon.org)
- [www.HAESbook.com](http://www.HAESbook.com)
- [www.HAESCommunity.org](http://www.HAESCommunity.org)

Join the HAES Community

ASDAH: an organization for HAES professionals: [www.sizediversityandhealth.org](http://www.sizediversityandhealth.org).

HAES Community Resources: [www.HAESCommunity.org](http://www.HAESCommunity.org)

Australian HAES professionals' listserv: "A diverse group of multi-disciplinary professionals actively working within the HAES Paradigm who are open to supporting and liaising with other like-minded colleagues. We welcome anyone from psychology, nutrition, social work, family therapy, medicine, research, fitness - anyone who is working with HAES principles in their work." Information here: <https://groups.google.com/d/forum/haes-professionals>.

HAES-RD: listserv: "This is a community space for RDs and other nutrition-based professionals who endorse HAES to discuss what is important to us, share resources and strategies for implementing the HAES tenets in our work, empower individuals to dump the dieting paradigm, advocate for an end to size discrimination, and transform the profession." To subscribe, send an e-mail to [HAESRD-subscribe@yahoogroups.com](mailto:HAESRD-subscribe@yahoogroups.com). You'll be directed to get a (free) Yahoo ID, if you don't already have one.

#### Popular essays/blog posts by Linda Bacon

Sample titles, all of which and many more are hyperlinked on Bacon's Resources web page: <http://www.lindabacon.org/resources/>.

Bacon, L., & Matz, J., *Intuitive Eating for People with Diabetes: Enjoy your Food, Respect your Body*, Diabetes Self-Management Magazine, Dec 2010.

*Reflections on Fat Acceptance: Lessons Learned from Privilege*, an essay based on a keynote speech delivered at the conference of the National Association to Advance Fat Acceptance, August 1, 2009.

*Stress Mess: How "Fighting Fat" Makes People Sick*, [healthateverysizeblog](http://healthateverysizeblog.com), Association for Size Diversity and Health, September 2013, co-authored with Lucy Aphramor.

*Blackboard Bungle—Rethinking Nutrition Education*, [healthateverysizeblog](http://healthateverysizeblog.com), Association for Size Diversity and Health, December 2012, co-authored with Lucy Aphramor.

*De-Stigmatizing Our Workplaces – A Start*, [healthateverysizeblog](http://healthateverysizeblog.com), Association for Size Diversity and Health, March 2012.

*Everyone Knows Obesity Is Hurting Us, But Is the Fight Against Obesity the Problem?*, Huffington Post, February 2012.

#### Linda Bacon on Social Media

- Follow me on Twitter ([www.twitter.com/LindaBaconHAES](http://www.twitter.com/LindaBaconHAES))
- Get HAES news on Facebook (<http://ow.ly/4Vs5Y>)
- Join the Health at Every Size book fan club on Facebook (<http://www.facebook.com/HAESbook>)
- Subscribe to my mailing list and receive updates (<http://tinyurl.com/LBmaillist>)
- Bacon frequently blogs on the ASDAH [healthateverysizeblog](http://healthateverysizeblog.org/category/linda-bacon-2/) (<http://healthateverysizeblog.org/category/linda-bacon-2/>)

#### Books in progress

Stay in touch to hear updates about publication

Bacon, Linda, & Lucy Aphramor, *Body Respect: What Conventional Health Books Get Wrong, Leave Out, or Just Fail to Understand*, BenBella Books, August 2014 (in press) (<http://www.lindabacon.org/body-respect-what-conventional-health-books-leave-out-get-wrong-or-just-plain-fail-to-understand/>).

Bacon, Linda, & Lucy Aphramor, *Eat Well, For Your Self, For the World*, anticipated publication date December 2014 (<http://www.lindabacon.org/eat-well/>).

#### Additional in-person learning

Bacon and Aphramor frequently conduct 5 day HAES training workshops (<http://www.lindabacon.org/passing-the-message-on-haes-facilitators-training/>).