



Health at Every Size



Sustainable Agriculture

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Primary Health at Every Size[®] Resources:

- 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). A guidebook explaining the science behind HAES with practical tips on how to implement it and an analysis of the research study that inspired the book.

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

Visit the resources page of www.lindabacon.org for (free) educational resources, organized by topic and for specific audiences.

Short, educational letters addressing concerns of people or groups with specific viewpoints 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 that help people feel strong in implementing HAES, like the "Live Well Pledge," downloadable in different formats, including business cards or bookmarks.

Join the HAES Community

ASDAH: The Association for Size Diversity and Health, an organization for HAES professionals: www.sizediversityandhealth.org.

Health at Every Size Community Resources, www.HAESCommunity.org is in three parts (all free): the HAES pledge—a great way to help you channel your energy and feel like you're doing something; a registry for finding (and promoting) HAES practitioners; and a resource list. Please make use of it and encourage others to show their support and take advantage of the services.

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@yahoo.com. You'll be directed to get a (free) Yahoo ID, if you don't already have one.

Linda Bacon on Social Media

- Follow me on **Twitter** (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** (<http://tinyurl.com/LBmaillist>)
- See my **speaking/training** schedule (<http://www.lindabacon.org/speaking-consulting/>)

Stay Tuned...

Body Respect: What Conventional Health Books Leave Out, Get Wrong, or Just Plain Fail to Understand about Weight, by Linda Bacon, PhD, & Lucy Aphramor, PhD, RD, coming September 2014 from BenBella Books. (<http://thebodypolitic.biz/bodyrespect/>)