

Resource List

Websites

Am I Hungry? (Author of the book Eat What You Love, Love What You Eat, Michelle May)

www.amihungry.com

Association for Size Diversity and Health (ASDAH)

www.sizediversityandhealth.org

Body Positive

www.bodypositive.com

Council on Size & Weight Discrimination

www.cswd.org

Ellyn Satter Institute (Author of the book Secrets of Feeding a Healthy Family)

www.ellynsatterinstitute.org

Health At Every Size Community

www.haescommunity.org

Intuitive Eating (Authors of the book Intuitive Eating, Evelyn Tribole and Elyse Resch)

www.intuitiveeating.org

Judith Matz (Author of “The Diet Survivor’s Handbook”)

www.judithmatz.com

Linda Bacon (Author of “Health At Every Size”)

www.lindabacon.org

National Association to Advance Fat Acceptance (NAAFA)

www.naafa.org

The Center for Mindful Eating

www.tcme.org

Yale Rudd Center: Weight Bias and Stigma

www.yaleruddcenter.org/what_we_do.aspx?id=10

Blogs

www.alreadypretty.com

www.bodylovewellness.com

danceswithfat.wordpress.com/blog/

www.drdeah.com/

www.fatnutritionist.com

www.healthateverysizeblog.org

www.obesitymyths.com

redefiningbodyimage.tumblr.com

www.psychologytoday.com/blog/i-take-space

Books

Bacon L. (2010). Health At Every Size: The Surprising Truth about your Weight. BenBella Books.

Bacon L & Aphramore L. (2013). Health At Every Size: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand. Lulu.

Campos, P (2004). The Obesity Myth. Gotham Books.

Cochran J. (2007). Your Tummy's Talking Pleasant St. Press. (children's book)

Gasser G. (2002). Big Fat Lies: The Truth About Your Weight and Your Health Gurze Books.

Hirshmann J & Munter C. (2010). Overcoming Overeating CreateSpace Independent Publishing Platform.

Kausman R. (2005). If Not Dieting, Then What? Allen & Unwin.

Koenig K. (2007). Food and Feelings Workbook Gurze Books.

Matz J & Frankel E. (2006). The Diet Survivor's Handbook. 60 Lessons in Eating, Acceptance and Self-Care. Sourcebooks.

Matz J & Frankel E. (2004). Beyond a Shadow of a Diet Routledge.

May M. (2011). Eat What You Love, Love What You Eat. Am I Hungry Publishing.

Rothblum E. (2009). The Fat Studies Reader NYU Press.

Satter E. (2008). Secrets of Feeding a Healthy Family. Kelcy Press.

Saguy A. (2013). What's Wrong with Fat? Oxford University Press.

Solovay S. (2000) Tipping the Scales of Justice, Fighting Weight Based Discrimination Prometheus Books.

Tribole E & Resch E. (2012). Intuitive Eating: A Revolutionary Program that Works. St. Martin's Griffin.

Willer F. (2013). The Non Diet Approach Guideline for Dietitians. NutritionSense Allied Health

Magazine, Newspaper and Web Articles

Overview

Robinson, J. (2006). Health At Every Size. Absolute Advantage Worksite Wellness Magazine: <http://www.jonrobison.net/WELCOA%20-%20Health%20At%20Every%20Size%20-%202006.pdf>

Matz J. (2011). Diets and Our Demons: Does Anything Really Work? Psychotherapy Networker. <http://judithmatz.com/documents/PNJF11Matz.pdf>

Ingall M. (2011). The End of Dieting. Prevention Magazine. www.prevention.com/weight-loss/weight-loss-tips/weight-loss-how-lose-weight-without-dieting?page=3

Schons M. (2011). Health At Every Size: Live Healthy Without Dieting. National Geographic. education.nationalgeographic.com/education/news/health-every-size/?ar a=1

Healthy Relationships with Food and Fitness

Bacon L & Matz J. (2011) Intuitive Eating: Enjoy Your Food, Respect Your Body. Diabetes Self Management. www.diabetesselfmanagement.com/articles/nutrition-and-meal-planning/intuitive-eating/all/

Size Acceptance

Rochman B. Do I Look Fat? Don't Ask. A Campaign to Ban 'Fat Talk'. Time Magazine. www.time.com/time/nation/article/0,8599,2025345,00.html?artId=2025345?contType=article?chn=us

Journal Articles (Free Access)

Overview

Bacon & Aphramor (2011). Weight Science: Evaluating the Evidence for a Paradigm Shift. *Nutrition Journal* 10,9. www.nutritionj.com/content/pdf/1475-2891-10-9.pdf

Mann T, Tomiyama J, Westling E, Lew AM, Samuels B & Chatman J. (2007) Medicare's Search for Effective Obesity Treatments: Diets Are Not the Answer. *American Psychologist*, 62, 3, 220-233. motivatedandfit.com/wp-content/uploads/2010/03/Diets_dont_work.pdf

Healthy Relationships with Food and Fitness

Hawks S, Madanat H, Hawks J, Harris A. (2005). Relationship Between Intuitive Eating and Health Indicators Among College Women. *American Journal of Health Education*, 36, 6, 331-336. www.intuitiveeating.org/cmsms/uploads/documents/IE_Health_Indicators.pdf

Tylka TL. (2006). Development and Psychometric Evaluation of a Measure of Intuitive Eating. *Journal of Counseling Psychology*, 53, 2, 226-240. nutrition-info-411.evelyntribole.com/files/3/2/4/7/3/146687-137423/IES.pdf

Size Acceptance

Friedman R & Puhl R. (2012). Weight Bias: A Social Justice Issue. Rudd Report.

www.yaleruddcenter.org/resources/upload/docs/what/reports/Rudd_Policy_Brief_Weight_Bias.pdf

National Association for the Advancement of Fat Acceptance. Facts on Size Discrimination.

www.naafaonline.com/dev2/assets/documents/naafa_FactSheet_v17_screen.pdf

Puhl RM, Andreyeva T, Brownell KD. (2008). Perceptions of Weight Discrimination: Prevalence and Comparison to Race and Gender Discrimination in America. *International Journal of Obesity*, 1-9. www.yaleruddcenter.org/resources/upload/docs/news/IJO2008.pdf

Puhl RM & Heuer CA (2010). Obesity Stigma: Important Considerations for Public Health. *American Journal of Public Health*, 100, 6, 1019-1028. www.yaleruddcenter.org/resources/upload/docs/what/bias/ObesityStigmaPublicHealth_AJPH_6.10.pdf

Puhl RM & Heuer CA. (2009). The Stigma of Obesity: A Review and Update. *Obesity*, 17, 5, 941-964.

www.yaleruddcenter.org/resources/upload/docs/what/bias/WeightBiasStudy.pdf

Journal Articles (Paid Access)

Overview

Bacon L, Keim NL, Van Loan MD, Derricote M, Gale B, Kazaks A, Stern JS. (2002). Evaluating a 'Non-Diet' Wellness Intervention for Improvement of Metabolic Fitness, Psychological Well-being and Eating and Activity Behaviors. *International Journal of Obesity Related Metabolic Disorders*, 26, 6, 854-865.

Bacon L, Stern JS, Van Loan MD, Keim NL. (2005). Size Acceptance and Intuitive Eating Improve Health in Obese Female Chronic Dieters. *Journal of the American Dietetic Association*, 105, 929-936.

Neumark-Sztainer D, Wall M, Guo J, Story M, Haines J, Eisenberg M. (2006). Obesity, Disordered Eating, and Eating Disorders in a Longitudinal Study of Adolescents: How Do Dieters Fare Five Years Later? *Journal of the American Dietetic Association*, 106, 4, 559-568.

Pietiläinen KH, Saarni SE, Kaprio J and Rissanen A (2011). Does Dieting Make You Fat? A Twin Study. *International Journal of Obesity*, 36, 456-464.


Provencher V, Begin C, Tremblay A, Mongeau L, Corneau L, Dodin S, Bolvin S, Lemieux S (2009). Health-at-Every-Size and Eating Behaviors: 1-year Follow-up Results of a Size Acceptance Intervention. *Journal of the American Dietetic Association*, 109, 11, 1854-1861.

Healthy Relationships with Food and Fitness

Augustus-Horvath CL and Tylka T. (2011) The Acceptance Model of Intuitive Eating: A Comparison of Women in Emerging Adulthood, Early Adulthood, and Middle Adulthood. *Journal of Counseling Psychology*, 58, 110-125.

Denny KN, Loth K, Eisenberg ME, Neumark-Sztainer D. (2013). Intuitive Eating in Young Adults. Who is Doing it, and How is it Related to Disordered Eating Behavior? *Appetite*. 60, 1, 13-9.

Mathieu J (2009). What Should You Know about Mindful and Intuitive Eating? *Journal of the American Dietetic Association*, 109, 1982-1987.



Satter, E. (2007). Eating competence: Definition and Evidence for the Satter Eating Competence Model. *Journal of Nutrition Education and Behavior*, 39, S142–S153.

Tylka TL, & Kroon Van Diest AM. (2013) The Intuitive Eating Scale-2: Item Refinement and Psychometric Evaluation with College Women and Men. *Journal of Counseling Psychology*, 60, 1, 137-53.

Size Acceptance

Ashmore JA, Friedman KE, Reichmann SK, Musante GJ. (2008). Weight-based Stigmatization, Psychological Distress, & Binge Eating Behavior Among Obese Treatment-seeking Adults. *Eating Behavior*. 2008, 9, 2, 203-209.

Libbey HP, Story MT, Neumark-Sztainer DR, Boutelle KN. (2008). Teasing, Disordered Eating Behaviors and Psychological Morbidities Among Overweight Adolescents. *Obesity*, 16, 2, S24-S29.