

Health At Every Size[®] Discussion Questions

Overview

- What are limitations of using the BMI to assess health?
- If dieting doesn't work long term and yo-yo dieting is associated with negative health outcomes, then should we be encouraging people to lose weight?
 - Is it ethical?
- Given the potential psychological and physiologic downfalls of weight loss and the fact that diets don't result in long-term weight loss, why do health professionals keep encouraging people to lose weight?

Developing a Health Relationship with Food and Exercise

- What happens when we label foods as "good" or "bad"?
- What keeps people from eating when **HUNGRY**?
- What keeps people from stopping when **FULL**?
- Can cravings be trusted?
 - What foods do you crave at the end of a road trip?
 - If you ate a pan of brownies for three days, what would you feel like eating on the fourth day?
- What foods do you feel out of control around?
 - "I can not keep ___ in the house, or I'll eat the whole box/container."
 - What would happen if you gave yourself full permission to enjoy as much as you wanted?
 - What would happen if you also stayed mindful during the entire eating experience?
- What emotions lead us to eat when we're not physically hungry?
- When someone eats to satisfy a craving, how do they eat?
 - When someone eats to satisfy an emotion, how do they eat?
- What happens when weight loss is the primary motivation for exercise?

Size Acceptance

- Where does our body image come from?
- How does the media influence our decisions?
- What would the world be like if we were all the same?
 - In what ways are we all different?
 - What does it look like to celebrate our differences?
- What are ways that people are discriminated against?
 - What groups in the past/currently being discriminated against?
 - Have you ever been discriminated against? How did that make you feel?
- Given what you have learned about BMI and HAES, what do you think of the policy to refuse to hire people based on their BMI? Does it shock you?
- How could assumptions about weight negatively influence medical care? In what ways could assumptions about weight and health hurt fat patients? In what ways could assumptions about weight and health hurt thin patients?
- Do you think doctors attributing unrelated medical problems to weight leads to more people of size being diagnosed with diseases like diabetes, heart disease than thin people?
- Describe additional strategies to promote size acceptance and reduce size discrimination.