

# Putting You Before Another Fad Diet

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# Why don't we like our bodies?



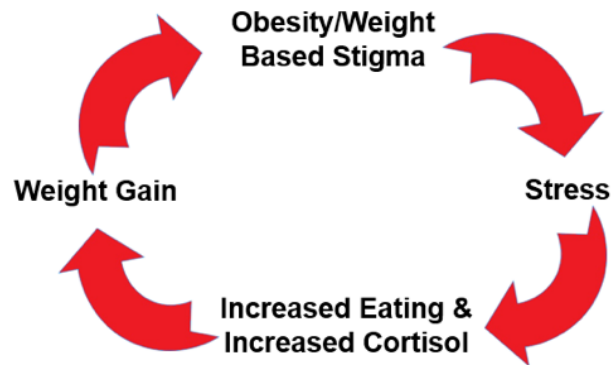
***“Existing evidence about body dissatisfaction highlights the following risk factors”***

*- The Butterfly Foundation*

- Age
- Key development and experiences
- Gender
- Mental health
- Personality traits
- Teasing/bullying
- Poor role models
- Higher weight



# Weight Stigma and discrimination



**Weight stigma is a social justice issue as well as a public health issue.**

- **Weight stigma is a form of discrimination based on a person's body weight.**
- The subsequent negative health outcomes are a result of **chronic social stress**.
  - Studies have found the harmful effects of weight discrimination resulted in a 60% increased risk of death, even when body mass index (BMI) was controlled for.

*See: People and Culture Equal Employment Opportunity procedure via Prompt*



# Where did this start?



*“Manipulating our food intake to improve our health, lifestyle or aesthetics is as old as the ancient Greeks; however, it was in the 19th century that fad diets were first adopted, and they’ve been part of Western popular culture ever since.” – Her Canberra Blog*

Some examples include;

- 1890 **Water and vinegar diet**
- 1920 **Grapefruit diet**: Eat a grapefruit at every meal. See above.
- 1929 **Cigarette diet**: Called the ‘Reach for a Lucky’ campaign, tobacco company Lucky Strike promoted their cigarettes to women to reduce sweets consumption that “made you fat”, as nicotine suppresses appetite.
- 1950 **Cabbage soup diet**: If you loved cabbage, you lost weight because cabbage has a low energy density. If not, you lost weight because it was disgusting and you couldn’t eat it.
- 1963 **Weight Watchers was founded**: I’m dubbing it the grandfather of the modern weight loss industry.
- 1975 **Paleo diet**: The original Paleo book was published all the way back then.
- 1977 **SlimFast**: The shake diet was born. There are now oodles of companies selling shake-based weight loss.
- 1992 **Atkins diet**: Dr Atkins published his first book. It was based on a high-protein, low-carb diet and became a household name in the ‘90s.
- 1995 **Zone diet**: This program has all kinds of rules around the balance of carbs, fats and protein.
- 2010 **Instagram**: Food iPhone-ography begins. Enter the ‘influencer’ and ‘clean eating’.
- 2012 **Hello Fresh**: The meal box delivery service begins. It may have taken some years to hit Canberra, but it has changed the cooking habits of a generation.
- 2014 **Paleo diet (again)**: Paleo Pete (chef Pete Evans) published his debut book, caused lots of controversy that got him incredible PR and made a killing in dollars.
- 2015 **Keto diet**: A high fat, very low carb diet, it was originally used to manage epilepsy and dates back to the 1920s. It takes the low carb diet to a whole new level.



**Have you ever commenced a fad diet?**

**Did you know it was a fad?**

**When?**

**Why?**

**What is a fad diet?**

**“A fad diet, also called a popular diet or a diet cult, is a diet that makes promises of weight loss or other health advantages without backing by solid science. Fad diets are often highly restrictive, in some cases eliminating whole foods such as dairy or grains. They often consist of unusual, expensive and unnecessary food products and ingredients.”**

**– Sports Dietitians Australia**

- Often sold as a complete solution or one size fits all – “too good to be true”
- May require you to sign up to a program to access further information
- Often have “time limited” offers to hook in individuals
- Restrictive and may impact on socialisation potentially isolating individuals
- Not backed by science/evidence
- Not sustainable long term
- Black and white – may include a list of “good or bad” foods or use good and bad labelling
- Produce a “yoyo” effect, a cycle of weight loss and rebound weight gain
- Newer programs claim they’re “not a diet” and hijack weight neutral language





# Eating Disorders and disordered eating are on the rise and can be deadly.

Source – The Butterfly Foundation

**National Helpline on 1800 33 4673. Also available to chat online or via email**

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## **Eating disorders and body image issues affect people from all walks of life and do not discriminate.**

- Anyone can experience an eating disorder.
- Discrimination, trauma, and exposure to violence and abuse can increase someone's risk of developing a body image issue or eating disorder.
- Pressure to conform to social or cultural stereotypes can also play a part.
- More than 37% of people experiencing eating disorders identify as male
- Around 30% of young people are extremely or very concerned about their body image (Mission Australia, 2019)

### **Studies in Australia and New Zealand have found:**

- Approximately half of adolescent girls have tried to lose weight and practise extreme weight loss behaviours such as fasting, self-induced vomiting and smoking
- As many as 75% of high school girls feel fat or want to lose weight
- Young people who diet moderately are five times more likely to develop an eating disorder; those who are severe dieters have an 18-fold risk

## **Among girls who dieted, the risk of obesity is greater than for non-dieters**



# It's Complex!

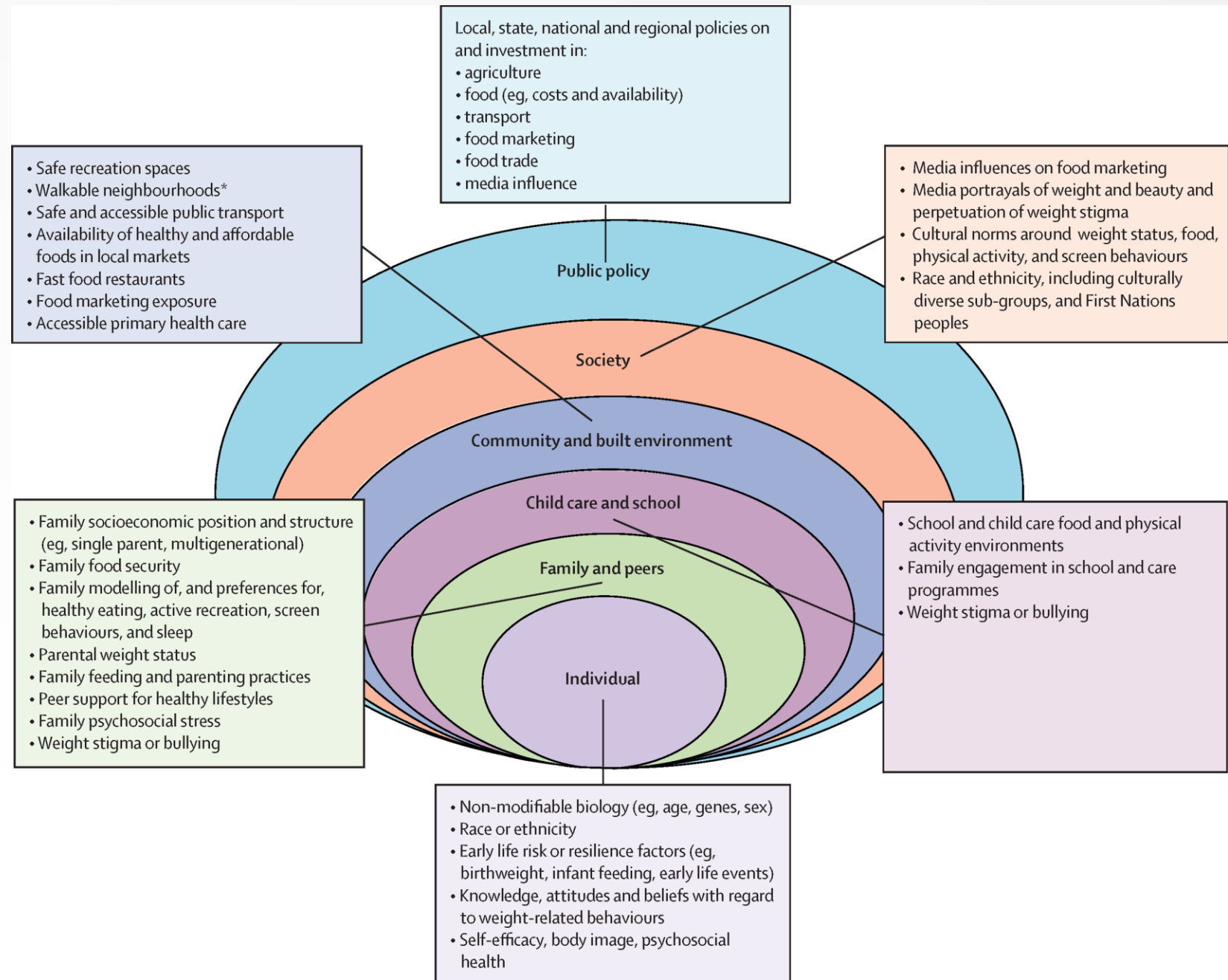


Fig 1 Taken from

Hiba Jebeile PhD, Aaron S Kelly Prof, Grace O'Malley PhD and Louise A Baur Prof. Obesity in children and adolescents: epidemiology, causes, assessment, and management. Lancet Diabetes & Endocrinology, The, 2022-05-01, Volume 10, Issue 5, Pages 351-365, Copyright © 2022 Elsevier Ltd



# The Blue Zones



Geographic areas in which people have low rates of chronic disease and live longer than anywhere else

To make it to age 100, it seems that a person must have to win the genetic lottery. However, many individuals have the capacity to make it well into the early 90s and largely without chronic disease.

1. Move Naturally
2. Sense of purpose
3. Downshift – stress management
4. 80% Rule
5. Plant based diet
6. Wine – except Seventh Day Adventists
7. Belong
8. Loved ones first
9. The right Tribe

Research from the Framingham Studies shows that smoking, obesity, happiness, and even loneliness are contagious. So, the social networks of long-lived people have favourably shaped their health behaviours.





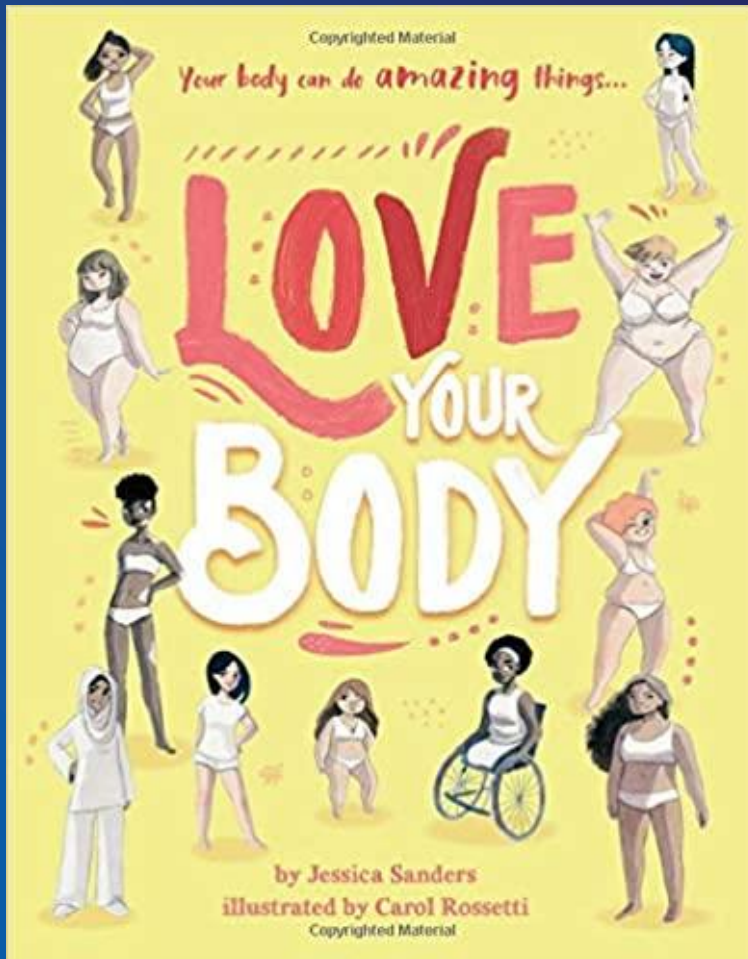
# So what can we do?



- Self compassion – it's not your fault!
- Go back to basics;
  - **Sleep!** (Sleep deprived individuals consume more calories)
  - **Stress management** (manage burnout)
  - **Relationships and social interaction**
  - **Incidental activity and JOYFUL movement**
  - **Regular meals and snacks** (if required)



# Be the Change you want to see



- Challenge your own biases towards yourself and others
- Don't assume
- Don't criticise your weight/body or the weight/body of others
- Focus on function over form
- Perform a social media detox
- Subscribe/like body positive commentary
- Don't police other's food, bodies or activity (check lunch room talk)
- Monitor "Good Vs Bad" talk
- Encourage listening to hunger/fullness signals rather than external cues (finished plates) and encourage children to do the same
- Assert boundaries around discussing your body or weight (or that of your children) if this is a concern for you

**Book:** *Love Your Body – Your body Can do Amazing Things* by Jessica Sanders.



# As Health Professionals



- Don't assume!
- Seek further information or consider referring
- Ensure "safe space" to consult with including appropriate access, equipment and furniture
- Is weighing necessary?
- If your client's BMI was within the "normal" range, what would your clinical advice be?
- Trust the client knows what they need and don't assume a lack of education – especially on nutrition



# Further Reading

## Books

- **Reclaiming Body Trust** by Hilary Kinavey and Dana Sturtevant, a therapist-dietitian team who've been co-creating their Body Trust approach for over 17 years. Body Trust is scientifically grounded and greatly informed by social justice movements, liberatory frameworks, and embodiment theory.
- **If not dieting, then what?** by Dr Rick Kausman, an Australian medical doctor who has spent his career working in this field.
- **Intuitive Eating: a Revolutionary Program that Works** by Evelyn Tribole and Elyse Resch, Registered Dietitians from the USA who have spent their careers working in this area.
- **Overcoming Overeating: how to break the diet/binge cycle and live a healthier, more satisfying life** by Carol Munter, a psychoanalyst and Jane Hirschmann, a psychotherapist. First published in 1988, this is one of the first and greatest non-diet approach books.
- **Love what you eat, Eat what you love** by Dr Michelle May, a US medical doctor who has spent most of her career working in this area.
- **Diet No More** by Judith McFadden, an Australian psychologist.
- **Beyond a Shadow of a Diet: The Therapist's Guide to Treating Compulsive Eating** by Judith Matz and Ellen Frankel, psychotherapists from the USA.
- **Body Kindness** by Rebecca Scritchfield
- **Embody** by Connie Sobszak
- **Dr Deah's Calmanac** by Deah Schwartz
- **Bodies** by Susie Orbach
- **Fat is A Feminist Issue** by Susie Orbach
- **The Body Image Workbook** by Thomas Cash
- **Digesting Femininities** by Natalie Jovanovski
- **Things No One Will Tell Fat Girls** by Jes Baker
- **You have the right to remain fat** by Virgie Tovar



# Websites

- **HAES Australia** – <https://www.haesaustralia.org.au>
- **Resource from Tackett & Bradstreet Psychology Services** – <https://www.tbpsychology.com/tackettips/joyful-movement>
- **The Butterfly Foundation** – <https://butterfly.org.au/body-image/body-image-explained/>
- **Sports Dietitians Australia** – <https://www.sportsdietitians.com.au/fad-diets/>
- **Health, Not Diets** – <https://healthnotdiets.com>
- **The Mindful Dietitian** – <https://www.themindfuldietitian.com.au/>
- **The Association for Size Diversity and Health (ASDAH)** – <https://www.asdah.org>
- **The Centre for Mindful Eating** – <https://www.tcme.org>
- **Resources from Ragen Chastain including a number of handouts for clients and health professionals** – <https://haeshealthsheets.com> and <https://weightandhealthcare.substack.com>
- **HerCanberra** – <https://hercanberra.com.au/active/wellbeing/a-brief-history-of-dieting-through-the-decades/>
- **Healing from Food Insecurity: Beyond the Stash** – [https://www.nacac.org/resource/healing-from-food-insecurity/?fbclid=IwAR10-T7Ju53jRGg9MdgM8yO8K\\_RvzfyPY\\_KfRHUZGkbtAGNQ-rQSGqMkH08](https://www.nacac.org/resource/healing-from-food-insecurity/?fbclid=IwAR10-T7Ju53jRGg9MdgM8yO8K_RvzfyPY_KfRHUZGkbtAGNQ-rQSGqMkH08)
- **Impact of past Food Insecurity** – <http://thefeedingdoctor.com/impact-of-past-food-insecurity/>
- **Harvard Medical School** – <https://www.health.harvard.edu/blog/weight-stigma-as-harmful-as-obesity-itself-202206022755>
- **Resource from The Healthiest State Initiative, in Iowa** – <http://www.iowahealthieststate.com/blog/individuals/4-ways-to-understand-weight-stigma-health/>





# Mindful Eating & approaches to Nutrition

*(taken from the Mindful Dietitian)*

## Books

- **Core Concepts of Mindful Eating** by Megrette Fletcher
- **Nourish** by Heidi Schauster
- **How to raise a Mindful Eater, From Picky to Powerful** by Maryann Jacobson
- **Eat to Love** by Jenna Hollenstein
- **Just Eat It** by Laura Thomas

## Websites

- **Mindful Eating for parents & children** – Megrette Fletcher  
<https://megrette.com/kids-menu/>
- **The Center for Mindful Eating (USA)** – <http://www.thecenterformindfuleating.org>
- **The Original Intuitive Eating Pros (Evelyn Tribole & Elyse Resch)** – [www.intuitiveeating.com](http://www.intuitiveeating.com)
- **Resources from Evelyn Tribole** – [www.evelyntribole.com](http://www.evelyntribole.com)
- **The Mindful Dietitian** – [www.themindfuledietitian.com.au](http://www.themindfuledietitian.com.au)
- **The Mindful Eating Networks** – [www.mindfuleatingnetwork.com](http://www.mindfuleatingnetwork.com)
- **Mindful Eating, Conscious Living** – [www.me-cl.com/](http://www.me-cl.com/)



# Podcasts

- **Food Psych** (Christy Harrison )
- **The Mindful Dietitian** (Fiona Sutherland)
- **Unpacking Weight Science** (Fiona Willer)
- **Dietitians Unplugged** (Glenys Oyston & Aaron Flores)
- **Love, Food** (Julie Duffy Dillon)
- **Body Love** (Jessi Haggerty)
- **Body Kindness** (Rebecca Scritchfield)
- **Every Body** (Daria Matza)
- **All Fired Up** (Louise Adams)
- **Mind Body Musings** (Madelyn Moon)
- **Don't Salt My Game** (Laura Thomas)
- **Nutrition Matters** (Paige Smathers)
- **You Can Eat with Us** (Cara Harbstreet, Libre Connections)
- **The Eating Disorder Recovery Podcast** (Janeane Anderson)
- **The Full Bloom Project** (Zoë Bisbing)



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