



Health at Every Size® (HAES)

An approach that celebrates size diversity and promotes behaviour that is focused on achieving health, without manipulating body weight¹

A weight neutral approach - no matter the number on the scale you are VALUABLE, WORTHY, ALIVE AND WONDERFUL!

The Health at Every Size® (HAES) approach encourages¹

- **Weight inclusivity**
Accepting and respecting the natural diversity of body shapes and sizes, rather than glamorising or demonising specific weights.
- **Eating for well-being**
Eating in a flexible manner that values wellbeing (e.g. energy, regular toilet behaviours, pleasure) and
- honours internal cues of hunger, satiety and appetite.
- **Life-enhancing movement**
Finding the joy in moving one's body and becoming more physically active, in the activity and to the degree that one chooses.

The HAES® approach VS the weight focused/dieting approach²

Allowing body to seek its natural weight by eating in response to cues	VS	Aiming for a certain weight
ALL food is acceptable and quantity is determined by responding to physical cues (hunger, fullness, taste etc)	VS	Food is classified as good/bad, should/shouldn't and quantity is determined by external sources (calories, grams)
The aim of exercise is to be more active in fun and enjoyable ways	VS	The aim of exercise is to lose weight

The benefits of the HAES® approach are:^{3,4}

- weight stability
- improved biochemistry
- sustained health behaviour
- improvement in dietary variety
- improved mental health

To start implementing the HAES® approach in your life¹

1. Focus on wellbeing as a measure of success, not weight
2. Limit investing time and money on fad diets or programs where weight loss is the selling point
3. Seek movement you enjoy, rather than exercising as punishment
4. Practice intuitive eating by honouring hunger & fullness cues
5. Seek out a health professional who follows the HAES approach

HAES® RESOURCES

- Health at Every Size, by Lindo Bacon (book)
- Body Respect, by Lindo Bacon (book)
- Intuitive Eating, by Evelyn Tribole (book)
- Association for Size Diversity and Health (ASDAH) - www.sizediversityandhealth.org
- National Association to Advance Fat Acceptance (NAAFA) - www.naafa.org
- “Poodle Science” video, Association for Size Diversity and Health (ASDAH) <https://www.youtube.com/watch?v=H89QQfXtc-k>

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3. Bacon L, Keim N, Van Loan M, Derricote M, Gale B, et al. (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. <https://doi.org/10.1038/sj.ijo.0802012>
4. Bacon L, et al., (2005). Size Acceptance and Intuitive Eating Improve Health for Obese, Female Chronic Dieters. *Journal of the American Dietetic Association*, pp.929-936. <https://doi.org/10.1016/j.jada.2005.03.011>