

Health At Every Size ®

The Health At Every Size (HAES) approach supports all people of all sizes, to address their health and wellbeing by adopting healthy behaviours through a holistic approach.

It believes that the pursuit of health should not be an obligation, nor a moral imperative, and health status should never be used to judge, oppress or determine the value of an individual.

The Health At Every Size principles are:

1. Weight Inclusivity: accepting and respecting the diversity of body shapes and sizes.
2. Health Enhancement: supporting and advocating for health policies that improve access to information and services, and acknowledging that health is multi-faceted.
3. Respectful Care: acknowledging and actively working towards ending weight discrimination, weight stigma and weight bias.
4. Eating for Well-being: promote flexible eating based on nutritional needs, hunger, satiety, appetite and pleasure, rather than eating that is focused on the goal of weight control.
5. Life-enhancing Movement: promoting physical activities that are enjoyable, rather than exercise that is focused on the goal of weight control.

The HAES approach is weight neutral. It does not use 'weight' to measure health, but rather takes into account the board range of factors that influence health and wellbeing. For individuals who have weight concerns, have a history of disordered eating or failed weight loss attempts, the HAES approach is one of the most helpful and least harmful ways to support an individual to improve their health and wellbeing.

This approach in practice is commonly called The Non Diet Approach. The Non Diet Approach has been shown in practice to decrease body dissatisfaction, decreased disordered eating and decreased depression and lead to increased sustainable, enjoyable self-care behaviours such as eating and moving well in the long term.

If you are seeking a health professional that uses the HAES approach, then go to Find A HAES Specialist at <http://www.haesaustralia.org.au/>

If you are a health professional and would like to receive training in the Non Diet Approach, then go to <http://www.healthnotdiets.com/>

Health at Every Size ® and HAES ® are Registered Trademarks of The Association for Size Diversity and Health.

Helpful Resources:

www.sizediversityandhealth.org
<https://haescommunity.com/>
<http://www.haesaustralia.org.au/>
<http://www.healthnotdiets.com/>