

Please Support Me by Using a **Weight-Inclusive Approach** to My Care

Dear Medical Provider,

I'm currently on a path to recovery from my eating disorder. I've come a long way and am proud of my healing journey. Through my own experience and in learning about the research, I understand that dieting can lead to an eating disorder. I also understand that weight is **not** an indicator of my health.

Because of these realizations, I am feeling more at peace with my body and am focused on maintaining my overall well-being – not on weight change. I nourish and honor my body and am unlearning some of the thoughts and behaviors I developed while living with my eating disorder. I'm excited to share some of my recovery-focused victories through this process.

I would love your support as I continue on this journey. I have listed a few things below that will help me along the way.

- Please don't weigh me if it's not applicable to the condition for which I am seeking treatment.
- If my weight is needed, please allow me to stand backward on the scale and ensure no one says the number back to me and/or includes it in the visit summary handed to me.
- Please do not suggest weight loss when discussing treatment/interventions for my medical conditions.
- Please do not comment on my body or weight – compliments or concerns.

Please let me know if you have any questions about this moving forward. I appreciate you as my practitioner, and thank you for supporting me on this journey!

Sincerely,

Recommended Reading for Health Care Professionals

Relationship Between Low Cardiorespiratory Fitness and Mortality in Normal-Weight, Overweight, and Obese Men

M. Wei, J.B. Kampert, C.E. Barlow, M.Z. Nichaman, L.W. Gibbons, R.S. Paffenbarger Jr., S.N. Blair

Relative risk of all-cause mortality was similarly mitigated by fitness, regardless of BMI.

<https://jamanetwork.com/journals/jama/fullarticle/192035>

Healthy Lifestyle Habits and Mortality in Overweight and Obese Individuals

Eric M. Matheson, Dana E. King, Charles J. Everett

Healthy habits were associated with a similarly significant decrease in mortality regardless of BMI.

<https://www.jabfm.org/content/25/1/9.abstract?etoc>

Recognizing the Fundamental Right to be Fat: A Weight-Inclusive Approach to Size Acceptance and Healing From Sizeism

Rachel M. Calogera, Tracy L. Tylka, Janell L. Mensinger, Angela Meadows, Sigrun Daníelsdóttir

An exploration of issues with the weight-normative approach, the benefits of a weight-inclusive approach, and strategies for therapists to align their practice with a weight-inclusive approach.

<https://www.tandfonline.com/doi/full/10.1080/02703149.2018.1524067>

The Weight-Inclusive Versus Weight-Normative Approach to Health: Evaluating the Evidence for Prioritizing Well-Being Over Weight Loss

Tracy L Tylka, Rachel A Annunziato, Deb Burgard, Sigrún Daníelsdóttir, Ellen Shuman, Chad Davis, Rachel Calogero

Review of the data on weight and health, including ineffectiveness and harms of dieting, health effects of weight stigma, and data behind a weight-inclusive approach.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4132299/>

I Think Therefore I Am: Perceived Ideal Weight as a Determinant of Health

Peter Muennig

Found that the difference between actual and desired body weight was a stronger predictor of physical and mental health than body mass index (BMI).

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2253567>

How Effective Are Traditional Dietary and Exercise Interventions for Weight Loss?

W.C. Miller

The available data suggest almost complete weight regain after 3-5 years.

<https://www.ncbi.nlm.nih.gov/pubmed/10449014>

Medicare's Search for Effective Obesity Treatments: Diets Are Not the Answer

Traci Mann, Janet Tomiyama

Almost all dieters regain all the weight and many regain more.

<https://www.ncbi.nlm.nih.gov/sites/entrez/17469900>

Probability of an Obese Person Attaining Normal Body Weight: Cohort Study Using Electronic Health Records

Alison Fildes, Judith Charlton, Caroline Rudisill, Peter Littlejohns, A. Toby Prevast, Martin C. Gulliford

The annual probability of achieving normal body weight was 1 in 210 for men and 1 in 124 for women with simple "obesity." The probability declined with increasing BMI category.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4539812/>

At ERC Pathlight, we do not use words like 'obesity' or 'overweight' because they are primarily based on body mass index, or body size. Many research papers do use this term as the vernacular in the medical community has not yet evolved to meet our weight inclusivity standards.

Please contact us to make a referral or schedule a free consultation with a master's-level clinician.

1-877-825-8584 • Fax: 425-974-1530 • EatingRecovery.com | PathlightBH.com