

THE EVIDENCE

- Research shows that weight-loss efforts lead to long-term **weight gain**¹ and **weight cycling**.² Weight cycling is associated with increased overall mortality, CHD morbidity and mortality,³ and cardiometabolic risk.⁴
- People at higher weights are more likely to be misdiagnosed by medical providers, resulting in worse treatment outcomes than lower weight individuals.⁵
- More than 80 studies show an Intuitive Eating approach leads to lower BMI, improved lab values like triglycerides and blood glucose, less stress, and improved mental health.^{6,7}
- A Health at Every Size approach encourages eating nutritious foods and doing enjoyable physical activity, which can improve health regardless of a change in weight.^{8,9}
- Weight stigma at the doctor's office can make people at higher weights fear and avoid doctors visits, not engage in preventive care, and not seek care until health problems have progressed.⁸ Internalized weight stigma is itself associated with multiple negative health consequences.¹⁰

For references, please see
www.eat2love.com/HCPrefs

HEALTHCARE PROVIDER: MY REQUEST TO YOU

- Please don't ask to weigh me unless it is medically necessary – I can supply a guestimate that will meet your documentation needs.
- If measuring my weight is medically necessary (for calculation of medication dose, for example), let's discuss it – I may choose to do a blind weight.
- If you see the condition for which I'm here today in people with smaller bodies, please offer me the same information and treatment you would offer them.
- Don't prescribe weight loss to me as a health intervention. Let's instead focus on overall health and wellness.

EAT  to LOVE
Redefining fullness

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