

## **Risks of Traditional Health Initiative at Schools**

**Harm Associated with BMI, body comp testing and the like**

<http://her.oxfordjournals.org/content/21/6/761.full>

<http://archpedi.jamanetwork.com/article.aspx?articleid=481400>

<http://www.nature.com/ijo/journal/v40/n5/full/ijo201617a.html>

**Position of Academy of Eating Disorders opposing BMI reporting and fitness grams in schools**

<http://www.aedweb.org/index.php/23-get-involved/position-statements/156-aed-opposes-bmi-reporting-and-fitnessgrams-in-schools>

**Weight centered teaching causes harm at all sizes**

[www.nutritionj.com/content/10/1/9](http://www.nutritionj.com/content/10/1/9)

[http://www.andjrnl.org/article/S0002-8223\(05\)00322-6/fulltext](http://www.andjrnl.org/article/S0002-8223(05)00322-6/fulltext)

“Trading Health for a Healthy Weight: The uncharted Side of Health Weight Initiative “

<http://www.tandfonline.com/doi/abs/10.1080/10640266.2013.761082?journalCode=uedi20>

## **Nutrition Curriculums for a variety of school aged children/young adults**

NAAFA Childhood Toolkit

[https://issuu.com/naafa/docs/naafa\\_childadvocacy2011combined\\_v04](https://issuu.com/naafa/docs/naafa_childadvocacy2011combined_v04)

**Information on how to promote all foods can fit into a healthy diet.**

“Good food, bad food and calorie counting? What kids really need to learn”

[http://loriliebermanandassociates.com/2015/04/810.html?utm\\_campaign=website&utm\\_source=community.aedweb.org&utm\\_medium=email](http://loriliebermanandassociates.com/2015/04/810.html?utm_campaign=website&utm_source=community.aedweb.org&utm_medium=email)

Positive Programs to Promote Health and Positive Body Image in Children, Tweens, and Teens

Kathy Kater’s Healthy Bodies and Positive Programs to Promote Health... (see attachment)

Kathy Kater’s Healthy Bodies Nutrition Curriculum

[www.bodyimagehealth.org](http://www.bodyimagehealth.org)

Ellyn Satter’s Nutrition Information AMAZING Child Psychologist and RD with MS in nutrition!

<http://ellynsatterinstitute.org/>

Evelyn Tribole and Elyse Resch's Creating a Healthy Relationship with Food, Mind, Body  
<http://www.intuitiveeating.org/>

Health at Every Size HAES®

<http://www.nationaleatingdisorders.org/what-health-every-size>

## Miscellaneous articles:

**Preventing Obesity and Eating Disorders in Adolescents.**

<http://pediatrics.aappublications.org/content/early/2016/08/18/peds.2016-1649>

**[“Dieting and Unhealthy Weight Control Behaviors During Adolescence: Associations With 10-Year Changes in Body Mass Index”](#)**, Neumark-Sztainer, D., Wall, M., Story, M., Standish, A.

January 26, 2011 - Source: Journal of Adolescent Health 50 (2012) 80-86 A B S T R A C T Background: Dieting and unhealthy weight control behaviors are common among adolescents and questions exist regarding their long-term effect on weight status. Objective: To examin . . .

**[“Eating Disorders in Adolescents With a History of Obesity”](#)**, Sim, L. A., Lebow, J., & Billings, M.

Published online September 9, 2013 Source-Pediatrics Abstract Adolescent patients with obesity are at significant risk of developing an eating disorder (ED), yet due to their higher weight status their symptoms often go unrecognized and untreated. Although not widel . . .

**[“Helping Without Harming - Kids, Eating, Weight and Health”](#)**, Robison, Jon; Cool, Carmen; Jackson, Elizabeth and Satter, Ellyn

Absolute Advantage - The Workplace Wellness Magazine: Volume 7, Number 1 - 2007 In this issue of Absolute Advantage, we're addressing the topic of childhood obesity. With the help of our guest editor, Dr. Jon Robison and contributing authors Carmen Cool, Elizabeth Jackson, and Ellyn Sa . . .

**“Overweight and Obese Children Eat Less Than Their Healthy Weight Peers”**,  
Hoyle, Brian

May 11, 2010 - Source: Medscape Medical News \*\* Portions of, or language in, the following article are not endorsed by ASDAH as representative of the HAES® approach. There remains, never-the-less, enough substantive value to be appropriate for its inclusion here. \*\* A study on caloric . . .

**“Weight Status as a Predictor of Being Bullied in Third Through Sixth Grades”**,  
Lumeng, J.C., Forrest, P., Appugliese, D.P., Kaciroti, N., Corwyn, R.F., and  
Bradley, R.H.

May 3, 2010 - Source: Pediatrics 2010;125:e1301-e1307 Abstract OBJECTIVES: Childhood obesity and bullying both are pervasive public health problems. The objective of this study was to determine the relationship between childhood obesity and being bullied in third, fifth, and sixth g . . .

**Health At Every Size® (HAES) Blogs/Listserv**

HAES RD Group: Click below to join:

[https://groups.yahoo.com/neo/groups/HAESRD/info;\\_ylc=X3oDMTJmMjdicDQwBF9TAzk3MzU5NzE0BGdycElkAzc0MzY2NjM5BGdycHNwSWQDMTcwNTA2MTIwOARzZWMDdnRsBHNsawN2Z2hwBHN0aW1lAzE0NzMzNTA1MzM-](https://groups.yahoo.com/neo/groups/HAESRD/info;_ylc=X3oDMTJmMjdicDQwBF9TAzk3MzU5NzE0BGdycElkAzc0MzY2NjM5BGdycHNwSWQDMTcwNTA2MTIwOARzZWMDdnRsBHNsawN2Z2hwBHN0aW1lAzE0NzMzNTA1MzM-)

Dawn Clifford HAES Blog <https://healthateverysizeblog.org/tag/dawn-clifford/>