

What's Eating You? What Science Tells Us About Food and Weight Issues

3 hours, can be combined with Weight Stigma and Social Justice for a full day

In social work practice, we often encounter clients who are struggling with body image, nutrition and weight concerns. What can we learn from research and clinical experience, and how do we sort truth from marketing? How do these issues affect quality of life and what can we do about it?

Participants will be able to:

Define the criteria for diagnosable eating disorders as well as disordered eating

Describe effective treatment approaches.

Identify cultural influences in the development of disturbances in eating and body image.

Articulate the relationship among body image, self esteem and quality of life.

Outline

- I. Introductions
- II. Changes in the DSM5
 - A. Definition of Binge Eating Disorder
 - B. Some history
- III. Science and research
 - A. What determines weight
 - i. Genetics
 - ii. Behaviors
 - iii. Environment
 - B. Unintended consequences of weight loss focus
 - C. Advantages of weight neutral interventions
 - D. Health promotion
 - i. Social determinants of health
 - ii. Self determination
 - iii. Who makes the policies and why
 - iv. Deliberate use of shame
- IV. Social and cultural pressures
 - A. Economics of the weight cycling industry, including pharmaceuticals
 - B. Shame, self esteem, body image and behavior
 - C. Self determination
 - i. Internal and external locus of control
 - ii. Message about worth
- V. Discussion/ Q&A

For a list of references, please see "Weight Stigma and Social Justice"

