

# WEIGHT LOSS COUNSELLING

## Dietitian Recommended Resources

### BACKGROUND

The following resources were suggested by expert dietitians during conversations around the complex issue of weight loss counselling.

Each dietitian had their own unique approach and perspective. The information provided here will act as a starting point for learning about weight counselling and help the future RD in approaching this topic.

### CLIENT RESOURCES: APPS

#### MY FITNESS PAL

<http://www.myfitnesspal.com/>

#### LOSE IT

<https://www.loseit.com/>

### CLIENT RESOURCES: BOOKS

#### MINDLESS EATING

*Why we eat more than we think*

By Brian Wansink, PhD

#### BODY RESPECT BY LINDA BACON

<https://lindabacon.org/>

### RESEARCH PAPERS

Does dieting make you fat? A twin study by Pietiläinen et al. 2012

*weblink: Journal of Obesity*

Probability of an Obese Person Attaining Normal Body Weight by Fildes et al. 2015

*weblink: APHA Public Health*

Impact of Non-Diet Approaches on Attitudes, Behaviors, & Health Outcomes by Clifford et al. 2015

*weblink: Journal of Nutrition*

*Education & Behavior*

### ORGANIZATIONS



#### THE CENTER FOR MINDFUL EATING

<http://thecenterformindfuleating.org/>

A US-based non-profit for exploration of how to apply mindfulness practices to relationships with food and eating.

#### THE CANADIAN OBESITY NETWORK

<http://www.obesitynetwork.ca/>

<http://www.obesitynetwork.ca/5As>

Webinars, handouts, stock photos for nutrition education, and other resources. 5A's: step-by-step framework for busy non-specialists who manage obesity in their patients. Framework useful for weight management principles as well.

#### THE NATIONAL WEIGHT CONTROL REGISTRY (NWCR)

<http://www.nwcr.ws/>

#### HEALTH AT EVERY SIZE

<https://haescommunity.com/>

#### BALANCEDVIEW ONLINE LEARNING

<https://balancedviewbc.ca/>

Designed to raise awareness about weight bias and stigma in health care and to help healthcare professionals reduce weight bias and stigma in practice.

#### KELTY MENTAL HEALTH RESOURCE CENTRE

<http://keltymentalhealth.ca/>

Provincial centre provides mental health and substance use information, resources, and peer support to children, youth and their families from across BC. We also provide peer support to people of all ages with eating disorders.

#### THE CRAVING CHANGE™ APPROACH

<http://www.cravingchange.ca/>

This approach has redefined healthier eating expertise by focusing on the more important question of why we eat the way we do. Craving change is a certification dietitians can get and can then teach to their clients as a class.

#### GO THUNDERBIRDS: UBC VARSITY NUTRITION

<http://www.gothunderbirds.ca/sports/2016/7/5/nutrition.aspx>

#### AUSTRALIAN INSTITUTE OF SPORT

<http://www.ausport.gov.au/ais/nutrition>

#### CANADIAN SPORT INSTITUTE PACIFIC

<http://www.csipacific.ca/services/sport-nutrition/>

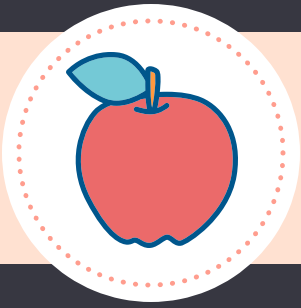
<http://www.csipacific.ca/services/sport-nutrition/recipes/>

#### BBC GOOD FOOD: RECIPE RESOURCE

<https://www.bbcgoodfood.com/>

#### OVEREATERS ANONYMOUS: COMPULSIVE EATING STRATEGIES

<https://oa.org/>



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### CONTRIBUTING DIETITIANS

Emily Zamora, RD  
Gerry Kasten, RD  
Christine Shaddick, RD  
Kara Vogt, RD  
Heather Woodward, RD  
Emma McCrudden, RD  
Karol Traviss, RD

### RESEARCH PAPERS

Brian Wasink: Bottomless Bowls: why visual cues of portion size may influence intake: [weblink](#)

PHSA: From Weight to Well-Being: Time for a Shift in Paradigms? [weblink: summary report](#)  
[weblink: technical report](#)

Confronting failure of behavioral & dietary treatments for obesity by Garner 1991  
[weblink: Clinical Psych Review](#)

Physiological Adaptations to Weight Loss & Factors Favouring Weight Regain [weblink](#)

Motivational interviewing, weight loss and primary care by Barnes & Ivezaj 2015  
[weblink: Obesity Reviews 2015](#)

Weight-Inclusive versus Weight-Normative Approach to Health by Tylka et al. 2014  
[weblink: Journal of Obesity](#)

The body politic: relationship b/w stigma & obesity-associated disease by Muennig 2008  
[weblink: BMC Public Health](#)

Weight Neutrality: by Academy of Nutrition and Dietetics [weblink](#)

Weight Science: Evaluating the Evidence for a Paradigm Shift by Bacon & Aphramor 2011  
[weblink: Nutrition Journal](#)

### TOOLS / CONTINUING EDUCATION



#### EDMONTON OBESITY STAGING SYSTEM

<http://www.drsharma.ca/wp-content/uploads/edmonton-obesity-staging-system-staging-tool.pdf>

#### OBESITY NETWORK: HOW TO APPLY THE 5A'S:

<http://www.jcomjournal.com/how-to-deliver-high-quality-obesity-counseling-in-primary-care-using-the-5as-framework/#!prettyPhoto>

#### DASH DIET: EVIDENCE-BASED DIET FOR IMPROVING HEALTH PARAMETERS

<http://dashdiet.org/default.asp>

#### COURSES ON MOTIVATIONAL INTERVIEWING:

<https://cstudies.ubc.ca/study-topic/health-counselling>

#### HEALTH AT EVERY SIZE ONLINE FACILITATOR PROGRAM

<https://salveopartners.com/products-services/health-for-every-body/>

Ready to help others focus on their health instead of their weight?

#### HEALTH AT EVERY SIZE CURRICULUM

<https://haescurriculum.com/>

A peer-reviewed curriculum designed for teaching health professionals and university students about the Health At Every Size® model.

#### HARVARD IMPLICIT ASSOCIATION TEST

<https://implicit.harvard.edu/implicit/canada/takeatest.html>

Weight (fat-thin IAT) - exploring weight bias

#### NAAFA: THE NATIONAL ASSOCIATION TO ADVANCE FAT ACCEPTANCE

<https://www.naafaonline.com/dev2/>

An educational tool to increase awareness of an evidence-based and weight-neutral approach to sustaining or improving nutritional well-being

### INFLUENCER / ORGANIZATION BLOGS



#### ANDREA HOLWEGNER, RD: AUDIO CLIPS AND KEY PRINCIPLES

<https://www.healthstandnutrition.com/what-is-the-best-diet-for-weight-loss/>

<https://www.healthstandnutrition.com/what-is-the-best-diet-to-follow-vegetarian-or-paleo/>

#### WEIGHTY MATTERS: YONI FREEDHOFF OBESITY MEDICINE DOCTOR

<http://www.weightymatters.ca/>

#### 7 SECRETS TO SUCCESSFUL WEIGHT-LOSS BY NWCR

<http://www.todaysdietitian.com/newarchives/063008p50.shtml>

#### COGNITIVE BEHAVIOURAL THERAPY (CBT) FOR WEIGHT LOSS

<https://psychcentral.com/blog/archives/2013/09/18/5-cognitive-behavioral-strategies-for-losing-weight-that-work/>