

# Let's Make Our Children's Schools and Activities Free of Diet Talk - Weight-Neutral - Body Positive

Diet talk is everywhere. So, it makes sense that it is a part of our schools and activities. However, administrators, educators and coaches can change our culture and protect our children by focusing on making schools and kids' activities diet talk free.

## What can you do?

- Keep comments about weight, weight loss or dieting out of the earshot of kids.
- Talk positively about your own body.
- Provide structure in eating by having specific times for snack and lunch.
- Allow children to regulate their eating by allowing them to decide how they eat and how much they eat.
- Coaches, remind kids and adolescents, they're still growing and that they need to eat enough to support their activity and growth.
- Talk about what bodies, do rather than what they look like.
- Talk about foods in a neutral way, rather than talking about foods being "good" or "bad."
- Focus on where food comes from and offer fun food exposure experiences in the classroom.

## What is diet talk?

"You're lucky you can get a cookie. I can't eat that kind of food."

"Why do you have all that junk in your lunch?"

"I'm not going to eat that. I'm being good today."

"I'm counting my steps so I can be ready for my cruise."

"I need to lose weight."

"Sugar is bad."

"I'm going to be bad and eat the birthday cake."

## Why is diet talk harmful?

- Dieting is a risk factor for developing an eating disorder.
- Diets give the message that certain bodies are acceptable and others are not.
- Children interpret these messages differently than adults. They may be confused by an adult talking about their own diet, wondering if they should be doing what their trusted adult is doing.

# Let's Make Our Children's Schools and Activities Free of Diet Talk - Weight-Neutral - Body Positive

## How do diets cause harm?

- Adolescents that diet are more likely to exhibit eating disorder behavior 5 years later.
- Many people who diet fall into a lifetime of *weight-cycling*:
  - *The Promise*: The diet cycle first sucks you in with the promise of feeling better.
  - *The Praise*: Weight loss is praised in our culture, and that feels pretty good.
  - *The Loss*: When you're on a diet you miss out on important things in life, because your brain focuses on food, the basic need you are lacking. You also miss out on nutrients you need.
  - *The End*: Diet ends and the weight comes back, and oftentimes, more weight than was lost (95% of diets fail).
  - *The Shame*: Then, the shame hits. Many people spend their life in this cycle feeling as if there is something wrong with them, rather than the intrinsically flawed diets.
- Weight cycling and the shame involved is what is harmful for people's health.

## What's the big deal?

- Children are supposed to be gaining weight. They are growing and weight gain is a sign of development and health.
- Puberty is a time of significant weight gain and often a time children begin to internalize negative, diet messages.
  - Children gain on average 40 pounds in the 4 years around puberty.
  - Girls' body fat percentage increases by 120% during puberty.
  - 2 in 3 13-year-old girls are fearful of gaining weight.

## Children are fearful of gaining weight when they need to be gaining weight.

- A focus on weight affects children's self esteem.
- Children are born with the ability to regulate their intake and diets interfere with this innate ability.