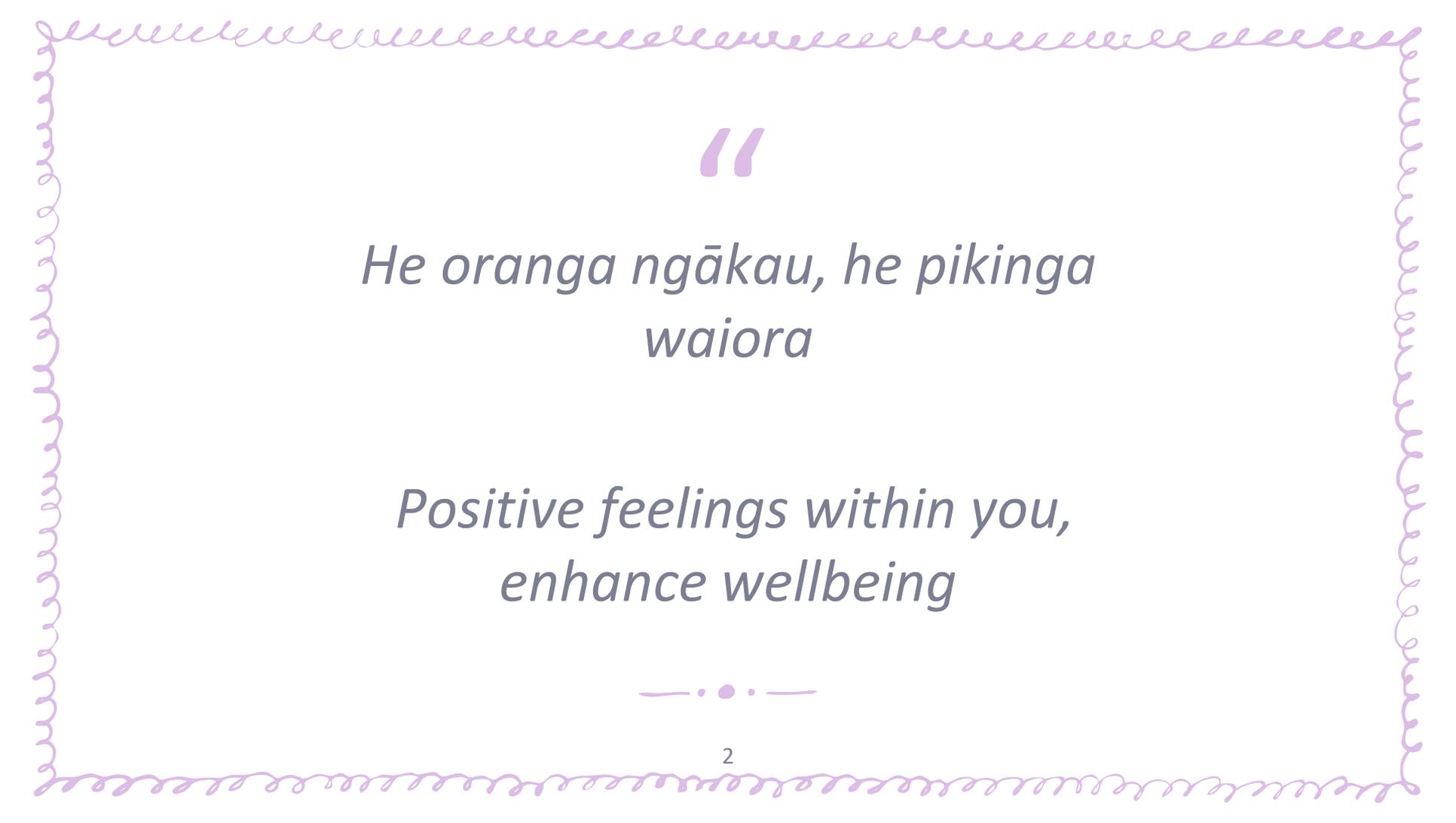


Helping tamariki develop life long positive relationships with food and exercise

Sylvia Pyatt and Tarsh Green
South Island eating disorders service



Whāraurau: Eating Disorders and Disordered Eating Training for Schools 16th March 2022



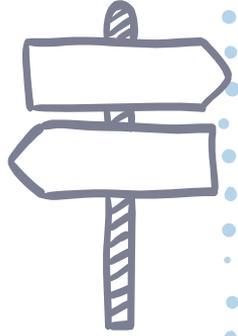
“

*He oranga ngākau, he pikinga
waiora*

*Positive feelings within you,
enhance wellbeing*

— • —

Outline:



- ✓ What does an unhealthy relationship with kai and exercise in tamariki look like?
- ✓ Why does dieting in tamariki lead to unhealthy relationships with food and exercise as an adult?
- ✓ What is 'diet culture' and how does it stay alive in schools?
- ✓ How can you promote healthy relationships with food and exercise at school?

WHAT IS DIETING?

Dieting: Any attempts in the name of weight loss, “healthy eating” or body sculpting to deny your body of the essential, well-balanced nutrients and calories it needs to function to its fullest capacity (NEDA 2005)

WHAT IS DIETING?

The global market for weight loss products and services should grow from, \$254.9 billion in 2021 to reach \$377.3 billion by 2026

The demand for weight loss products and services are increasing globally. There is an increased preference for 'natural products' and increasing worry about 'wellness'

("Global Weight Loss Products and Services Market 2021-2026," 2021)

WHAT IS DIETING?

SOMEONE OUGHT TO TELL HER ABOUT RY-KRISP

Eat and get slim this safe, easy way... no extreme diets, no strenuous exercise

Forget all your old ideas about reducing. Begin today to lose weight the easy Ry-Krisp way. No starvation diets. No strenuous exercises. Simply eat regularly, exercise moderately, and eat 2 or 3 Ry-Krisp wafers at each meal as your exclusive bread. Hundreds, following this plan, have lost from 7 to 20 pounds.

RY-KRISP

Reduce the easy RY-KRISP way

1930's

An easy-to follow diet that quickly evaporates those unwanted pounds

SAFE WAY TO LOSE 20 LBS IN A HURRY

RY-KRISP

69c each 9

GLOBE MAG '70

1970's

EAT CLEAN FEEL BETTER DIET TIPS

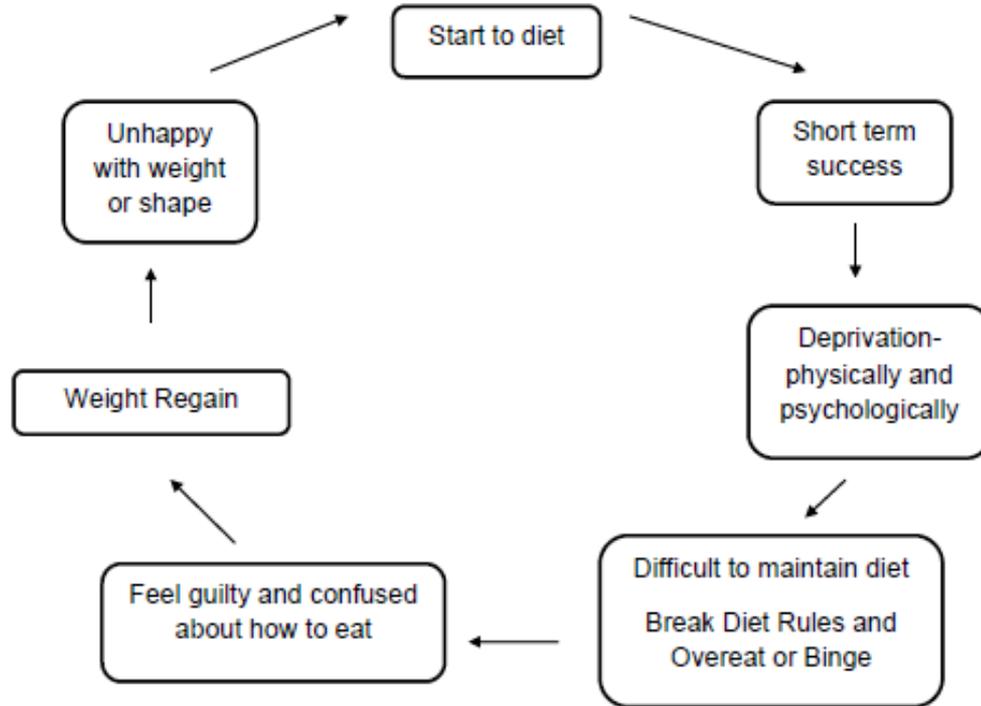
MAKE THIS YOUR PLAN

SEE MORE ON SWIFFIT.NET

Today

Same message, different delivery

WHAT IS DIETING?



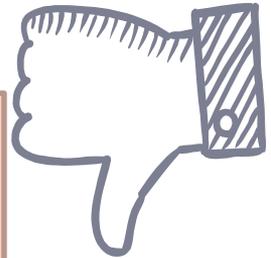
*Credit:
DAA Eating Disorders Interest
Group/ Publication Date: Dec
2016*

95% of people that go on a 'diet' will regain all of the weight lost (Mann T, et al. 2007)

WHAT ARE THE POTENTIAL INDIVIDUAL CONSEQUENCES OF DIETING

- Repeated periods of weight loss and regain (known as weight cycling)
- Fatigue
- Micronutrient deficiencies
- Mood disturbances
- Impaired growth (or even faltering growth)
- Disturbances in hormone production
- Poor self esteem
- Development of eating disorders

How can tamariki learn in
this context?



HOW COMMON IS DIETING IN TAMARIKI?

More than 33% of males and 65% of females tried to lose weight in the past year

Approximately 10% of males and 29% of females reported using at least one of the unhealthy weight control behaviours in the past year (fasted, skipped meals, smoked, vomited, diet pills).

(Utter 2012)

More young Tamariki are engaging in diet behaviours
then ever before

WHAT ARE THE POTENTIAL CONSEQUENCES OF DIETING?

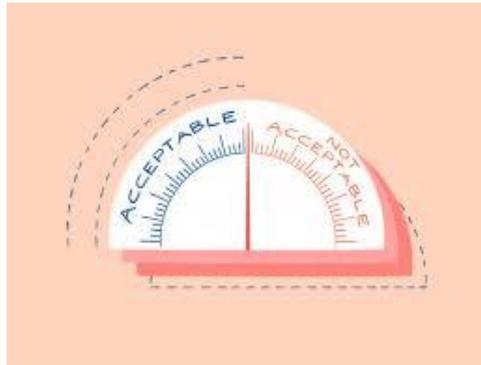


- Dieting behaviours have the most effect on young peoples relationship with food
- Some tamariki will diet and there will be little consequences
- Some tamariki will diet and they will become life long dieters and live with life long body dissatisfaction
- Some tamariki will develop eating disorders

Although we know risks factors (for developing eating disorders), we don't know which tamariki will develop eating disorders when they experience starvation. Genetics will load the gun, and starvation will pull the trigger.

WHAT IS DIET CULTURE?

Diet culture: pervasive cultural norms that emphasize thinness, control and restriction around eating and exercise behaviours, and the moralization of food (Meara et al 2020)



WHAT FEEDS 'DIET CULTURES' IN SCHOOLS: UNHELPFUL FOOD MESSAGES

- Implying that food should be 'earned' or 'deserved':
"You can have more to eat after you have exercised"
- Implying morality to food and eating :
"That's not the type of food we eat around here" "I'm being naughty having this chocolate"
- Over evaluation about the 'healthfulness' of certain foods: 'Health Haloing'
"That is a super food"
- Tolerating or normalising young people engaging in dieting
Eg. Counting calories, grams of fat in maths class



WHAT SHOULD YOU EXPECT AT SCHOOL:

- Children consume approximately 1/3 of their total energy intake per day at school (Asher et al., 2008)
- Lots of snacking! On average New Zealand Children consume 8 snacks per day (Gage et al., 2021)
- Over eating or comfort eating at times can be normal throughout adolescence
- Weight gain; normal growth and development means weight gain of between 15-30kgs from the age of 12-20 years old

"BUT WHAT ABOUT OBESITY?"

- There is no evidence that dieting reduces rates of obesity (in fact young people who engage in dieting are more likely to be obese in adulthood)
- 2/3 of people who go on a diet will regain more weight than they initially lose
- The poorer health outcomes associated with obesity may be correlations **not** causations
- Weight stigma is likely to contribute to poor health outcomes for those with obesity
- Diet culture=↑ weight stigma = ↑ worse outcomes for people living in larger bodies
- Anti diet does not meant anti health behaviours eg. Eating more vegetables.
Weight is not a behaviour

(Bacon 2011)

WHAT ARE HELPFUL FOOD MESSAGES

- Nutrition goals should focus on 'what's missing?' and variety of food groups (even if body weights are higher). So its important to ADD healthful behaviours (+ fruit and veg etc) rather than goals where food is removed.
- Your value is not impacted by your food consumption
- Take time to stop and eat and enjoy your food
- Eating together is important and healthy
- Brains can't learn without sufficient energy and nutrients

WHAT ABOUT EXERCISE...?

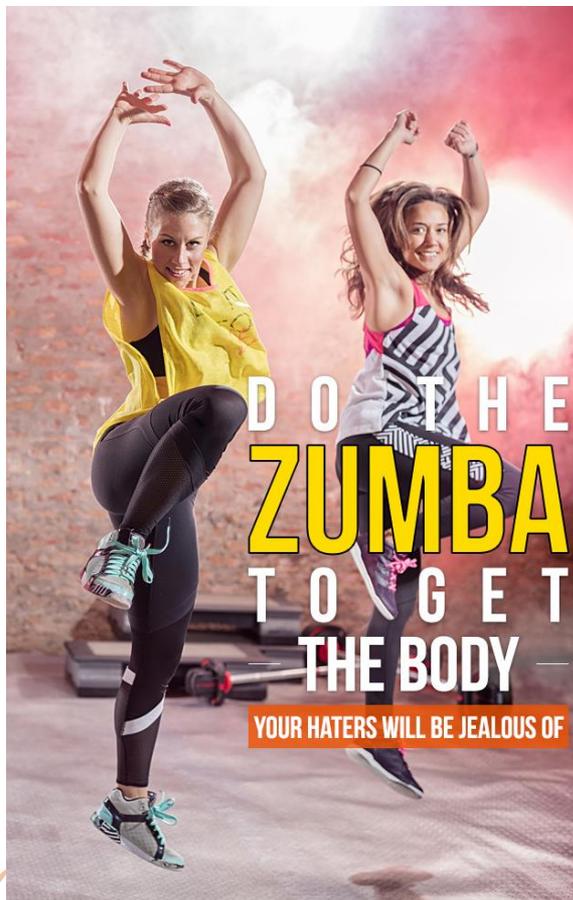
- Exercise messages often centre around the risks of under-exercising and benefits of exercising
- Ministry of Health recommends at least 1 hour of moderate to vigorous exercise 3x per week for children – no guidance on what is too much
- Forgets about the very real risks of over-exercising
- Need to think not just what Tamariki are doing but HOW they are doing it – the relationship with exercise is important!

UNHEALTHY RELATIONSHIPS WITH EXERCISE LOOK LIKE...

- Exercising when injured or sick
- Guilt or anxiety when unable to exercise
- Feeling like it is a punishment/unenjoyable
- Using exercise to avoid feelings
- Strict routine
- Prioritising exercise over time with friends, family, schoolwork
- Exercising just to change your body
- Attempting to balance food with exercise
- Exercise driven by arbitrary numbers (fitness trackers, calories burnt, steps)
- Rules about the amount/intensity for exercise to “count”
- Believing you have to look a certain way to engage in exercise

UNHEALTHY RELATIONSHIPS WITH EXERCISE LOOK LIKE...

~~I'M TIRED.~~
~~IT'S TOO COLD.~~
~~IT'S TOO HOT.~~
~~IT'S RAINING.~~
~~IT'S TOO LATE.~~
LET'S GO!



**THE REAL
WORKOUT STARTS
WHEN YOU WANT
TO STOP**

LES MILLS

HEALTHY RELATIONSHIPS WITH EXERCISE LOOK LIKE...

- Doing movement you enjoy (all movement is movement!)
- Having rest days
- Flexible and varied
- Having adequate nutrition and hydration
- Recognising fit is a feeling not a body type
- Social
- Rejuvenates the body and the mind
- Modifying movement for your body type
- Connects you with your body
- Listening to your body and adjusting or resting
- Fun!

THE RISKS OF HAVING AN UNHEALTHY RELATIONSHIPS WITH EXERCISE

- Can result in either extremes of the continuum (dose effect)
 - Avoidance of exercise due to shame, fear, anxiety, not getting the expected 'results'
 - Over-exercising leading to over-training syndrome
 - Decreased exercise capacity
 - Decreased performance
 - Decreased response to training
 - Decreased muscle strength
 - Increased muscle cramping and muscle fatigue
 - Increased risk of injury
 - Loss of menstrual periods
 - Are we viewing these as signs that we need to exercise more?
 - These are issues for any body shape/weight

THE RISKS OF HAVING AN UNHEALTHY RELATIONSHIPS WITH EXERCISE

- Negative childhood memories of PE are associated with reduced physical activity in adulthood (Ladwig et al., 2018)
- When the motivation for exercise is weight/body shape/appearance = poorer body image and unhealthy eating habits (Panão et al., 2020)
- Extrinsic exercise motives (e.g. social recognition, changing appearance) are significantly related to poorer psychological well being. Intrinsic exercise motives (e.g. feeling revitalized, personal enjoyment) are significantly related to better psychological well being (Maltby & Day, 2001)

PROMOTING HEALTHY RELATIONSHIPS AROUND EXERCISE

What reasons do you currently give young people about why exercise is important?

NON-WEIGHT / SHAPE RELATED BENEFITS OF EXERCISING

- Social connection
- Enjoyment / Fun
- Body appreciation
- Improved sleep
- Improved mood & anxiety
- Better concentration & brain functioning
- Increasing strength in the functional sense (careful!)
- Better energy
- Connection with nature
- Improved cardiovascular health
- Improved immune functioning
- Improved balance and coordination
- Developing a positive relationship with your body

PROMOTING HEALTHY RELATIONSHIPS AROUND EXERCISE

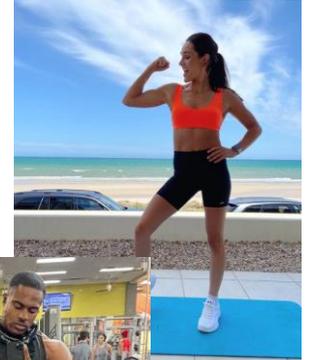
- Consider the 4 F's (Calogero & Pedrotty, 2007)
 - Function – looking at why we exercise, engaging in movement for which the aim is not weight loss/burning calories/changing shape/disconnecting
 - Fun – finding movement that you enjoy (not what you think you should)
 - Feeling – paying attention to how the body and mind feels before, during, after exercise
 - Fuel – adequate rest, nutrition and hydration

PROMOTING HEALTHY RELATIONSHIPS AROUND EXERCISE

- Explore different types of movement including more typically mindful movements such as yoga
- Encourage tamariki to wear clothing they feel comfortable in
- Set a culture of fuelling before or after exercise (Exercise Equals more Eating)
- Offer alternative movements for different body types in a non-shameful way
 - “Do what feels good for you”
- Encourage connection with the body before, during & after
 - Before – How am I feeling? Energy? Pain? Hunger? Thirst? Do I need to regress or progress movement today?
 - During – What am I noticing in my body? Is my body trying to tell me something?
 - After – How am I feeling now? Did I enjoy that? Is this something I would want to do again? Energy, Pain, Hunger, Thirst?

#FITSPO

- Repeated viewing of these bodies becomes your 'normal'
- Fitspo is just thinspo repackaged
 - One body type
 - Unrealistic standards
 - Outcomes based on input
 - Blaming of the individual
 - Objectifying
- Money!!

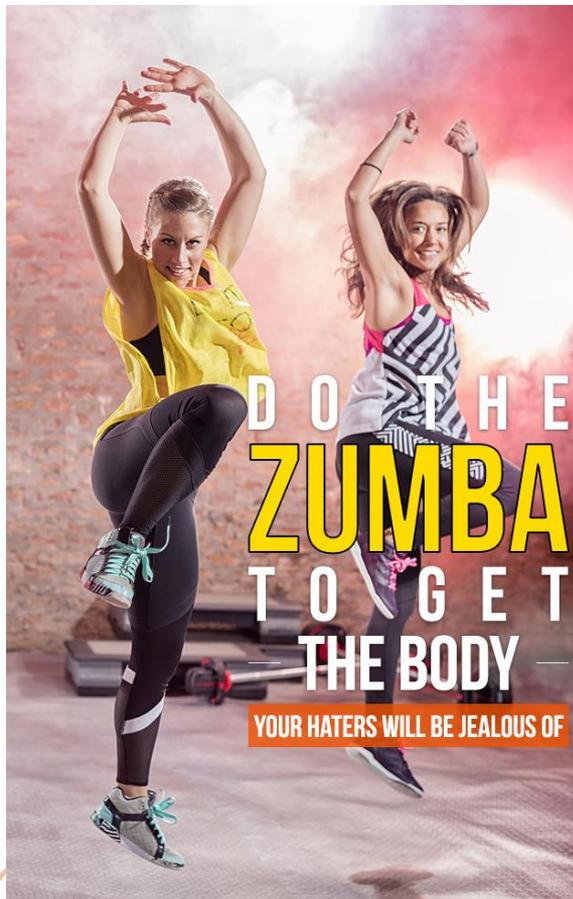


A WORD ON FITNESS TRACKERS...

- Distract you from being present in your body (promote **mindless** exercise)
- Contribute to guilt, shame and anxiety when goals aren't met
- Step, calorie, movement goals don't understand your life
- Movement fluctuates from day to day, some days we are more sedentary and some days more active
- Plus... they're an unnecessary expense out of reach for many kiwi families

UNHEALTHY RELATIONSHIPS WITH EXERCISE LOOK LIKE...

~~I'M TIRED.~~
~~IT'S TOO COLD.~~
~~IT'S TOO HOT.~~
~~IT'S RAINING.~~
~~IT'S TOO LATE.~~
LET'S GO!



**THE REAL
WORKOUT STARTS
WHEN YOU WANT
TO STOP**

LES MILLS

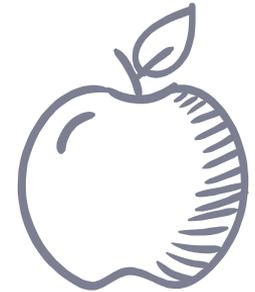
CHALLENGING YOUR OWN BELIEFS ABOUT EXERCISE

If you knew exercise would have zero impact on you weight, shape or appearance.. Would you still be doing the exercise you are doing?

Would you be moving more, less or in different ways?

HOW CAN YOU PROMOTE HEALTHY RELATIONSHIPS WITH FOOD AND EXERCISE AT SCHOOL?

- Reduce emphasis on weight and shape, especially around concepts of health
- Adopt weight neutral approaches: Talk about function rather than weight or shape (strength instead of size)
- Media literacy programs
- Prioritize eating at breaks and lunch times
- Exercise Equals more Eating (the 3 E's)
- Approaching exercise with the 4 F's (Fun, function, fuel, feeling)
- Don't normalise diet language or behaviour



HOW CAN YOU PROMOTE HEALTHY RELATIONSHIPS WITH FOOD AND EXERCISE AT SCHOOL?

Lead by example:

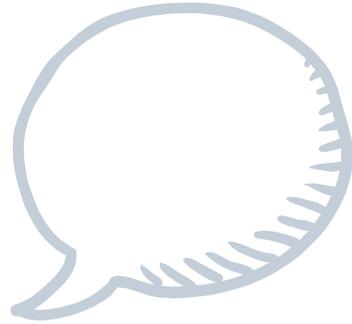
Tamariki notice dieting behaviour in adults

What do you do at school which may promote diet culture?



TAKE HOME MESSAGES

- Dieting can be harmful, and young people who diet will often go on to be life long dieters and may even develop eating disorders
- Diet culture minimises the harm of dieting and leaves space for a unhelpful relationship with kai and exercise
- Helping Tamaraki developing life long healthy relationships with kai and exercise, involves stamping out diet culture at school.
- Eating and exercise messages should not be focused on weight and shape



THANKS!

You can email us at

sylvia.pyatt@cdhb.health.nz

latarsha.green@cdhb.health.nz

REFERENCES

- Bacon, Linda, and Lucy Aphramor. "Weight science: evaluating the evidence for a paradigm shift." *Nutrition journal* 10.1 (2011): 1-13.
- Calogero, R., & Pedrotty, K. (2007). Daily practices for mindful exercise. In *Low-cost approaches to promote physical and mental health* (pp. 141-160). Springer, New York, NY.
- Faw, Meara & Davidson, Kenzie & Hogan, Laura & Thomas, Kayla. (2020). Corumination, diet culture, intuitive eating, and body dissatisfaction among young adult women. *Personal Relationships*. 28. 10.1111/pere.12364.
- Garner DM, Wooley S. Confronting the failure of behavioral and dietary treatments for obesity. *Clinical Psychology Review*, 1991; 11:729780.
- Gage, Ryan, Martin Girling-Butcher, Ester Joe, Moira Smith, Cliona Ni Mhurchu, Christina McKerchar, Viliami Puloka, Rachael McLean, and Louise Signal. 2021. "The Frequency and Context of Snacking among Children: An Objective Analysis Using Wearable Cameras" *Nutrients* 13, no. 1: 103. <https://doi.org/10.3390/nu13010103>
- Ladwig, Matthew A., Spyridoula Vazou, and Panteleimon Ekkekakis. "'My best memory is when I was done with it': PE memories are associated with adult sedentary behavior." *Translational Journal of the American College of Sports Medicine* 3.16 (2018): 119-129.
- Mann T, et al. (2007). Medicare's search for effective obesity treatments: Diets are not the answer. *American Psychologist*, 62(3), 220233
- Maltby, J., & Day, L. (2001). The relationship between exercise motives and psychological well-being. *The journal of psychology*, 135(6), 651-660.
- Panão, Inês, and Eliana V. Carraça. "Effects of exercise motivations on body image and eating habits/behaviours: A systematic review." *Nutrition & Dietetics* 77.1 (2020): 41-59.
- Regan, Asher, et al. "New Zealand children's dietary intakes during school hours." *Nutrition & Dietetics* 65.3 (2008): 205-210.
- Solmi, Francesca, et al. "Changes in the prevalence and correlates of weight-control behaviors and weight perception in adolescents in the UK, 1986-2015." *JAMA pediatrics* 175.3 (2021): 267-275.
- Utter, Jennifer, et al. "Prevalence of weight-related concerns and behaviours among New Zealand young people." *Journal of paediatrics and child health* 48.11 (2012): 1021-1028.

Internet pages:

DUBLIN, Aug. 13, 2021 /PRNewswire/ -- The "[Global Weight Loss Products and Services Market 2021-2026](#)

Resources:

The Diet Cycle: DAA Eating Disorders Interest Group/ Publication Date: Dec 2016