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CREDN EVENTS



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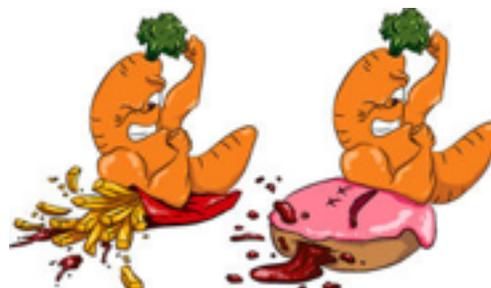


**IS #BOPO ALL IT'S
CRACKED UP TO BE?**

CREDN

The Fight Against Food and Body Shame in Schools

As most of us who either have our own kids or work with children know, diet-culture has been seeping into schools at a rapid pace. Not only are we seeing conversations about BMI happen in gym and health classes, but students are being policed by teachers in the lunch room. As Leslie Shilling, a mom and eating disorder dietitian, explains in her article, [The Trouble with Food Policing in Schools](#), “current nutrition policy supports the demonizing of foods using superheroes like fruits and vegetables to combat evil villains like sweets and french fries.” Have we introduced a new form of bullying to the educational environment? The focus on good and bad weight/food may be worse than the peer-to-peer bullying in that it is not recognized as shaming, and is being practiced through the power dynamic that naturally exists between student and teacher.



It is integral to the future well-being of students that the impact of diet culture in schools be addressed. Research has clearly demonstrated that prevention is key to impacting the development of eating disorders. Schools are a great place to start! One of our own CREDN members, Valerie Edwards, MS, RDN, decided to take a stand after having having heard too many stories from clients about body shaming through BMI testing in schools. She wrote the following letter and gathered signatures from fellow professionals to send to the Oregonian and Columbian with the hope of facilitating change.

“As individual practitioners and as an organization, we are concerned about the continued practice of local schools weighing students and focusing on BMI as a supposed measure of health. We all work with individuals who struggle with eating disorders and disordered eating, and all too often see teens and young adults who started their eating disorder in response to being teased about weight, or who became overly focused on body

weight as part of a school intervention that focused on nutrition and/or body weight.

While the underlying intention may be positive, these approaches are misguided and can result in harm to a young person's self-esteem, can lead to teasing and bullying and can result in unhealthy efforts to diet or lose weight. For susceptible individuals, this can easily turn into an eating disorder that can result in years of suffering.

Weight and BMI screenings tend to give information without helpful interventions. In addition, the persons in charge of screening are often untrained in this area and are left to give advice that is based on their opinions or biases, and is often against professional recommendations. There is little data available on whether BMI screenings are effective in improving any measure of health, and weight itself is not a measure of health or even of behavior. Little is known in terms of actual outcomes, but we have all seen students who decided to diet in an effort to become more acceptable by societal standards, and then in their zealously lost too much weight or began unhealthy behaviors to attempt to lose weight. In fact, dieting in adolescence has been linked to increased risk of being overweight in early adulthood. Furthermore, these screenings perpetuate racial, ethnic and socio-economic prejudice as these weight and BMI standards were not developed with inclusivity or diversity in mind.

We urge schools to follow the recommendations of the American Academy of Pediatrics, which state that BMI monitoring should happen in the office of the pediatrician. The Academy of Eating Disorders also supports this approach, and advises against any type of monitoring within the school system.

Sincerely,

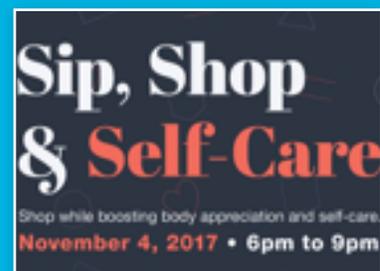
Members of the Columbia River Eating Disorder Network signed below

Valerie Edwards, RD, LD	Hilary Kinavey, LPC
Cayla Panitz, LPC	Susannah Castle, PsyD
Paula Koeller, MD	Gretchen Newmark, RD
Juleeanna Andreoni, RD	Sarah Alexander, LCSW
Kirsten McAteer, LPC	Julie Foster, DC
Charlotte Thomas, LCSW	Emily Marie Clark, MSW, CSWA
Laura Roberts, PsyD	Allison Amo, MA
Kimra Hawk, RD	Tamara Duarte, LMHC, LPC
Annika Ginsberg, RD	Leslie Weisner, MFT
Elke Schleiss, RD	Sara Hopkins, ND"
Jasmine Cejna, LMHC,	

Fall's Body-Love Events



A fashion and shopping event for the body-positive community, this year's Knock Out Pop-Up Show was on September 24 and featured models, vendors, and speakers celebrating bigger bodies.



Center for Discovery, HealthFull Nutrition, and Living Groove Counseling hosted their second annual size-inclusive event aimed at promoting self-care and body positivity through a variety of HAES-friendly vendors.



Portland NEDA Walk 2017

This was the first year that walkers were blessed with sunshine at Portland's NEDA Walk. 170 people gathered at Portland State University's Hoffmann Hall to join the walk and celebrate recovery. Catherine Alene, teacher and author, and BriAnne Nadi, yoga instructor and future counselor, both shared their wisdom as speakers at the event. In addition to the walk, participants got to join in on yoga and visit with the event sponsors. According to Event Coordinator, Morgan Jones, \$7,045 of the \$20,000 fundraising goal was met through the walk this year.

“Although each person's recovery experience is unique, a common bond connects all walkers. Together we are strong.”

- Jenni Schaefer, NEDA Ambassador

Is #bopo all it's cracked up to be?

USA Today recently published an article, [Body positivity is everywhere, but is it for everyone?](#), about the movement towards body positivity that took a critical look at how the goal of body acceptance is being achieved. The author, Alia E. Dastagir, interviewed moguls supporting body-acceptance and identified that the movement is “excluding the very bodies it set out to make more visible.” Dastagir writes, supporters are “concerned the movement is being co-opted by big brands and diluted by reductive mantras like ‘just love yourself.’” She quotes Sonya Renee Taylor, poet and creator of the website *The Body is Not an Apology*, in recognizing that “...the body positive movement in this

current point in history is white, cis, able-bodied women and it's specifically more often than not centered around size...’” Dastagir asks each of her interviewees to identify “a piece of advice on being body positive,” many of whom relay a message similar to that of Virgie Tovar, fat liberationist and creator of #LoseHateNotWeight, who stated “‘I think it's taking a moment to ask, is this working for me?...What are the things in my life that are actually making my life less qualitatively wonderful? I'm going to do less of those things’.”



Virgie Tovar

Upcoming CREDN Events...

Lucky Lab Events



Who: Sarah Alexander, LCSW

What: Attending to Emotions

Where: Lucky Lab on Hawthorne

When: Jan. 11, 2018 from 6-8 pm (networking from 6-7; presentation from 7-8)

2018 CREDN Conference

Who: Michael Levine, PhD and Jennifer Gaudiani, MD

What: Discussion topics including prevention and research from a macro and feminist perspective, and medical complications from EDs and palliative care

Where: Lewis & Clark College

When: Feb. 17, 2018

After reading the article, some of our CREDN members wanted to contribute their thoughts.

Gretchen Newmark, MA, RDN reflects on the progress made in the movement and the changes continuing to be necessary: “The women’s movement has been overly focused on and led by white women. But it has, none the less, been responsible for many positive changes for women. All one needs to do is watch Mad Men’s first episode to get an idea of it. Now when I look at Glamour, Elle, or Marie Claire magazines at my gym, I’m seeing many models of different races and sizes, as well as clothing modeled by ordinary women who love fashion. And there are amazing articles I can’t imagine seeing a few years ago about things like fat acceptance, body positivity, feminism, politics and calls to activism. I never thought I would see anything like this in magazines aimed at women. The Body Positivity movement could and should be more inclusive. So everybody needs to speak up and make their voices heard rather than merely dis the movement. We dearly need unity, not divisiveness.”

Jamie Lee, RDN, LD, reflects her passion on the issue in contributing the following: “I’ve come to the realization that upholding comfortable stories of body positivity doesn’t tackle critical issues, like the social and political systems that keep people marginalized. It’s not that loving yourself and sharing body accepting stories is wrong, but we also need to be able to talk about and actively work to dismantle fat-phobia and body oppression. This is particularly important in the eating disorder world. As shared in the article, it’s imperative to center the most marginalized voices and bodies. These are the folk who started the movement and don’t receive representation.”

Lucky Lab

CREDN welcomed Therese Waterhous, PhD, RDN, CEDRD to present on the Eating Disorder Information Dissemination System at our last Lucky Lab on October 19th. In addition to yummy food, drinks, and 1 CEU, attendees received pertinent information about the work Dr. Waterhous is doing to study and promote eating disorder information in the professional community. In addition to convincing legislation that eating disorders are a serious mental illness, Dr. Waterhous has been working with doctors, therapists, and dietitians to help educate them about eating disorders using a learning platform geared towards busy professionals ([Qstream](#)) that repeats key concepts in a digestible format. The work she is



doing is also fostering collaboration in the creation of “coordinated specialty care teams.” Although Dr. Waterhous acknowledged the difficulty in getting doctors on board to specialize in eating disorder treatment, she recognizes the value in having these specialty care teams available for other professionals and organizations to refer when necessary and appropriate.

CREDN Updates

If you haven't already found us, CREDN is now on [Facebook](#). “Like” us to get updated on CREDN trainings, news, and annual conference information.



In addition, CREDN is on the hunt for a [student intern or volunteer](#). We are interested in having a student who has a strong passion for working with clients with eating disorders. The role of the student volunteer will be largely to utilize social media platforms to increase the number of people CREDN reaches and engage members in more varied ways. The student volunteer will also facilitate connections with community members and other organizations for collaboration and event planning. It is important the student volunteer be engaging, communicative and social media savvy as well as open to meeting with CREDN board members, as needed, and able to communicate regularly and dependably via email, phone or other platforms the board uses. It is also integral that the student volunteer be interested in and passionate about eating disorder awareness, treatment and healing as this is what fuels the work of our organization. It is anticipated the commitment will be about 2-6 hours per month depending on what is happening that month, but this may vary. For more information, please contact Cayla Panitz, LPC at cayla.livinggroove@gmail.com with *CREDN Student Volunteer Opportunity* in the subject line.