Redefining Health

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Disclosures

I have no actual or potential conflict of interest in relation to this presentation.
By the end of this presentation, participants will be able to:

- Identify factors which influence our definitions of health.
- Recognize terms that frame health in the most accurate and sensitive manner for youth.
- Differentiate between superficial “measures” of health versus accurate measures of health and identify ways to incorporate this concept into their curricula.
Which words do you associate with health?
AnswerGarden

https://answergarden.ch/309047
Tool #1: Compassionate, science-based health education
Healthy weight

Body composition

Physical fitness

Blood pressure

Diet/access to healthy food

Lab values

Access to quality education

Access to quality health care

Safe environment

Mental/emotional health

Social support

Economic stability

Family medical history

Photo source: https://www.flickr.com/photos/edmenendez/4283684892/
Choose your words wisely.

Preferred language
- Overweight
- Increased BMI
- Unhealthy weight
- Healthier weight
- Eating Habits
- Physical Activity

Language to avoid
- Fat
- Obese
- Chubby
- Weight problem
- Diet
- Exercise

“People-first language”
Tool #2: Models of self-acceptance
Conversation Starter:

Redefining Health Powtoon
Tool #3: Support of trusted adults
Sexual orientation
Disability
Weight
Sexist remarks
Racial remarks
Religious remarks

84%
Percent of web respondents with each score

- Strong automatic preference for thin people compared to fat people: 31%
- Moderate automatic preference for thin people compared to fat people: 28%
- Slight automatic preference for thin people compared to fat people: 16%
- Little to no automatic preference between fat people and thin people: 15%
- Slight automatic preference for fat people compared to thin people: 5%
- Moderate automatic preference for fat people compared to thin people: 3%
- Strong automatic preference for fat people compared to thin people: 1%

This distribution summarizes 1,121,747 IAT scores for the Weight task completed between April 2004 and December 2015.
Wow! You look great, have you lost weight?

What we don’t know...

My family is struggling with money right now, we can’t afford groceries.

I’ve just been diagnosed with a disease that makes it hard to keep weight on.

I’ve recently relapsed, I’m struggling with an eating disorder.

This comic strip was created at MakeBeliefsComix.com. Go there to make one yourself!
Tool #4: Media literacy skills
Resources

UConn Rudd Center for Food Policy & Obesity
http://www.uconnruddcenter.org/
http://www.ruddrootsparents.org/

Obesity Action Coalition
http://www.obesityaction.org/

Project Implicit (Implicit Association Tests)
https://implicit.harvard.edu/implicit/takeatest.html

Teaching Tolerance
https://www.tolerance.org/

National Association for Media Literacy Education
https://namle.net/
Conversation Starter:

Youtube clip


References (cont.)

What questions or comments do you have for me?

Thank you!