



THE **OBESITY** MYTH

Why America's
Obsession With Weight
Is Hazardous
To Your Health

PAUL CAMPOS

WITH A FOREWORD BY PAUL ERNSBERGER, Ph.D.

Obesity Myth Why Our Obsession With Weight Is Hazardous To Our Health

Christian Drosten



Obesity Myth Why Our Obsession With Weight Is Hazardous To Our Health:

The Obesity Myth Paul F. Campos, 2004 An exploration of America's self-defeating war on obesity argues against the myth that falsely equates thinness with health and explains why dieting is bad for the health and how the media misinform the public

The Obesity Myth Paul Campos, Paul Ernsberger, 2004 Every day we are bombarded with dire warnings about the obesity epidemic. A large percentage of the adult population is obsessed with dieting. Yet studies show that a moderately active larger person is likely to be far healthier and to live longer than someone who is thin by sedentary. After years of scrutinising medical studies and interviewing leading doctors, scientists, eating disorder specialists and psychiatrists, Professor Paul Campos here leads the backlash against weight hysteria and shows that we can safeguard our health without obsessing about the numbers on the scales. *The Obesity Myth* is not just a compelling argument grounded in scientific research; it is also an expose of the billion-dollar weight loss industry and the culture that feeds our self-defeating war on fat. Professor Campos challenges the conventional wisdom regarding the medical, political and cultural meanings behind the current weight debate.

Alcohol, Tobacco and Obesity Kirsten Bell, Amy Salmon, Darlene McNaughton, 2012-03-29 Although drinking, smoking and obesity have attracted social and moral condemnation to varying degrees for more than two hundred years, over the past few decades they have come under intense attack from the field of public health as an unholy trinity of lifestyle behaviours with apparently devastating medical, social and economic consequences. Indeed, we appear to be in the midst of an important historical moment in which policies and practices that would have been unthinkable a decade ago – e.g. outdoor smoking bans, incarcerating pregnant women for drinking alcohol and prohibiting restaurants from serving food to fat people – have become acceptable responses to the risks that alcohol, tobacco and obesity are perceived to pose. Hailing from Canada, Australia, the United Kingdom and the USA and drawing on examples from all four countries, contributors interrogate the ways in which alcohol, tobacco and fat have come to be constructed as problems requiring intervention and expose the social, cultural and political roots of the current public health obsession with lifestyle. No prior collection has set out to provide an in-depth examination of alcohol, tobacco and obesity through the comparative approach taken in this volume. This book therefore represents an invaluable and timely contribution to critical studies of public health, health inequities, health policy and the sociology of risk more broadly.

Obesity Discourse and Fat Politics Lee Monaghan, Rachel Colls, Bethan Evans, 2015-12-22 There is considerable rhetoric and concern about weight and obesity across an increasing range of national contexts. Alarmist claims about an obesity time bomb are continually recycled in policy reports, reviews and white papers, each of which begin with the assumption that fatness is fundamentally unhealthy and damaging to national economies. With contributions from the UK, Canada, the USA and Australia, this book offers alternative critical perspectives on this alleged public health crisis, which were in part developed through an Economic and Social Research Council seminar series on Fat Studies and Health at Every Size HAES. Written by scholars from a range of disciplines and the health professions.

themes include an interrogation of statistical procedures used to construct the obesity epidemic overweight and obesity as cultural signifiers for Type 2 diabetes understandings of healthy eating and healthy weight in a problem population gendered expectations on men and women to lose weight the visual representation of obesity tensions when researching anti fatness critical dietitians engagement with HAES alternative ways of promoting physical activity and representations of obesity in the media This book was originally published as a special issue of Critical Public Health *Fatness and the Maternal Body* Maya Unnithan-Kumar, Soraya Tremayne, 2011-07-01 Obesity is a rising global health problem On the one hand a clearly defined medical condition it is at the same time a corporeal state embedded in the social and cultural perception of fatness body shape and size Focusing specifically on the maternal body contributors to the volume examine how the language and notions of obesity connect with or stand apart from wider societal values and moralities to do with the body fatness reproduction and what is considered natural A focus on fatness in the context of human reproduction and motherhood offers instructive insights into the global circulation and authority of biomedical facts on fatness as risky anti fit for example As with other social and cultural studies critical of health policy discourse this volume challenges the spontaneous connection being made in scientific and popular understanding between fatness and ill health **Reconstructing Obesity** Megan B. McCullough, Jessica A. Hardin, 2013-10-01 In the crowded and busy arena of obesity and fat studies there is a lack of attention to the lived experiences of people how and why they eat what they do and how people in cross cultural settings understand risk health and bodies This volume addresses the lacuna by drawing on ethnographic methods and analytical emic explorations in order to consider the impact of cultural difference embodiment and local knowledge on understanding obesity It is through this reconstruction of how obesity and fatness are studied and understood that a new discussion will be introduced and a new set of analytical explorations about obesity research and the effectiveness of obesity interventions will be established The 'Fat' Female Body S. Murray, 2008-09-30 Investigating the current interest in obesity and fatness this book explores the problems and ambiguities that form the lived experience of fat women in contemporary Western society Engaging with dominant ideas about fatness and analysing the assumptions that inform anti fat attitudes in the West The Fat Female Body explores the moral panic over the obesity epidemic and the intersection of medicine and morality in pathologising fat bodies It contributes to the emerging field of fat studies by offering not only alternative understandings of subjectivity the re production of public knowledge s of fatness and politics of embodiment but also the possibility of re reading fat bodies to foster more productive social relations *Feast or Famine* Karen McMillan, 2013-12-16 A book of hope and inspiration for sufferers of eating disorders and their families and friends This indispensable book details the author s own story of battling anorexia when she was 18 as well as the personal stories of other sufferers of bulimia anorexia and binge eating There are interviews with specialists in the field and a comprehensive look at the current treatments Feast or Famine discusses the risk factors that trigger these mental illnesses and how the beauty and fitness industries advertising

and media propagate cultural ideas about thinness that often precipitate the development of eating problems. Written in a very accessible way, this is a very helpful book both to young people with eating disorders and their parents. It provides honest stories and practical information and advice. Ageing, Corporeality and Embodiment Chris Gilleard, Paul Higgs, 2014-11-01. Ageing, Corporeality and Embodiment outlines and develops an argument about the emergence of a new ageing during the second half of the twentieth century and its realisation through the processes of embodiment. The authors argue that ageing as a unitary social process and agedness as a distinct social location have lost much of their purchase on the social imagination. Instead, this work asserts that later life has become as much a field for not becoming old as of old age. The volume locates the origins of this transformation in the cultural ferment of the 1960s when new forms of embodiment concerned with identity and the care of the self arose as mass phenomena. Over time, these new forms of embodiment have been extended, changing the traditional relationship between body, age and society by making struggles over the care of the self central to the cultures of later life. Weighing In Julie Guthman, 2011-11-05. Weighing In takes on the obesity epidemic, challenging many widely held assumptions about its causes and consequences. Julie Guthman examines fatness and its relationship to health outcomes to ask if our efforts to prevent obesity are sensible, efficacious or ethical. She also focuses the lens of obesity on the broader food system to understand why we produce cheap, over-processed food as well as why we eat it. Guthman takes issue with the currently touted remedy to obesity: promoting food that is local, organic and farm fresh. While such fare may be tastier and grown in more ecologically sustainable ways, this approach can also reinforce class and race inequalities and neglect other possible explanations for the rise in obesity, including environmental toxins. Arguing that ours is a political economy of bulimia, one that promotes consumption while also insisting upon thinness, Guthman offers a complex analysis of our entire economic system. **Mirror, Mirror Off the Wall** Kjerstin Gruys, 2014-07-01. A scholar and bride-to-be spends a year without mirrors to get a better view of what really matters. When Kjerstin Gruys became engaged, she was thrilled until it was time to shop for a wedding dress. Having overcome an eating disorder years before, Gruys found herself struggling to maintain a positive self-image, so she decided to refocus her attention. *Mirror, Mirror Off the Wall* charts Gruys's awakening as she vows to give up mirrors and other reflective surfaces, relying on friends and her fiancé to help her gauge both her appearance and outlook on life. The result: A renewed focus on what truly matters, regardless of smeared makeup or messy hair. With humorous and poignant scenes from Gruys's life, *Mirror, Mirror Off the Wall* sparks important conversations about body image and reclaiming the power to define beauty. *The Fat Studies Reader* Esther Rothblum, Sondra Solovay, 2009-11-01. Winner of the 2010 Distinguished Publication Award from the Association for Women in Psychology. Winner of the 2010 Susan Koppelman Award for the Best Edited Volume in Women's Studies from the Popular Culture Association. A milestone anthology of fifty-three voices on the burgeoning scholarly movement fat studies. We have all seen the segments on television news shows: A fat person walking on the sidewalk, her face out of frame so she can't be identified.

as some disconcerting findings about the obesity epidemic stalking the nation are read by a disembodied voice And we have seen the movies their obvious lack of large leading actors silently speaking volumes From the government health industry diet industry news media and popular culture we hear that we should all be focused on our weight But is this national obsession with weight and thinness good for us Or is it just another form of prejudice one with especially dire consequences for many already disenfranchised groups For decades a growing cadre of scholars has been examining the role of body weight in society critiquing the underlying assumptions prejudices and effects of how people perceive and relate to fatness This burgeoning movement known as fat studies includes scholars from every field as well as activists artists and intellectuals The Fat Studies Reader is a milestone achievement bringing together fifty three diverse voices to explore a wide range of topics related to body weight From the historical construction of fatness to public health policy from job discrimination to social class disparities from chick lit to airline seats this collection covers it all Edited by two leaders in the field The Fat Studies Reader is an invaluable resource that provides a historical overview of fat studies an in depth examination of the movement s fundamental concerns and an up to date look at its innovative research

Beyond a Shadow of a Diet Judith Matz, Ellen Frankel, 2014-04-03 Beyond a Shadow of a Diet is the most comprehensive book available for professionals working with clients who struggle with Binge Eating Disorder Compulsive Eating or Emotional Overeating The authors present research revealing that food restrictions in the pursuit of weight loss actually trigger and sustain overeating Next they offer step by step guidelines to help clients end the diet mentality and learn an internally based approach known as attuned eating Divided into three sections The Problem The Treatment and The Solution this engaging book contains chapters filled with compelling case examples visualizations and other exercises so that therapists can deepen their knowledge and skills as they help clients gain freedom from preoccupation with food and weight In addition to addressing the symptoms dynamics and treatment of eating problems Beyond a Shadow of a Diet presents a holistic framework that goes well beyond the clinical setting This invaluable resource includes topics such as the clinician s own attitudes toward dieting and weight cultural ethical and social justice issues the neuroscience of mindfulness weight stigma and promoting wellness for children of all sizes Drawing from the Health At Every Size paradigm and the wealth of research examining the relationship between dieting weight and health Beyond a Shadow of a Diet offers both therapists and their clients a positive evidence based model to making peace with food their bodies and themselves

Men and the War on Obesity Lee F. Monaghan, 2008-04-02 Lee F Monaghan offers a timely critical and original take on the obesity debate bringing male bodies into the frame and questioning the claim from public health that millions of people are unhealthy because they are overweight or obese

Everyday Women's and Gender Studies Ann Braithwaite, Catherine Orr, 2016-08-11 Everyday Women s and Gender Studies is a text reader that offers instructors a new way to approach an introductory course on women s and gender studies This book highlights major concepts that organize the diverse work in

this field Knowledges Identities Equalities Bodies Places and Representations Its focus on the everyday speaks to the importance this book places on students understanding the taken for granted circumstances of their daily lives Precisely because it is not the same for everyone the everyday becomes the ideal location for cultivating students intellectual capacities as well as their political investigations and interventions In addition to exploring each concept in detail each chapter includes up to five short recently published readings that illuminate an aspect of that concept Everyday Women s and Gender Studies explores the idea that People are different and the world isn t fair and engages students in the inevitably complicated follow up question Now that we know how shall we live *What's Wrong with Fat?* Abigail Saguy,2013-01-31 What s Wrong with Fat examines the social implications of understanding fatness as a medical health risk disease and epidemic Examining the ways in which debates over fatness have developed Abigail Saguy argues that the obesity crisis literally makes us fat intensifies negative body image and justifies weight based discrimination Obesity in Canada Jenny Ellison,Deborah McPhail,Wendy Mitchinson,2016-01-01 Obesity in Canada takes a broader critical perspective of our supposed obesity epidemic Big and Small Lynne Vallone,2017-11-07 A groundbreaking work that explores human size as a distinctive cultural marker in Western thought Author scholar and editor Lynne Vallone has an international reputation in the field of child studies In this analytical tour de force she explores bodily size difference particularly unusual bodies big and small as an overlooked yet crucial marker that informs human identity and culture Exploring miniaturism gigantism obesity and the lived experiences of actual big and small people Vallone boldly addresses the uncomfortable implications of using physical measures to judge normalcy goodness gender identity and beauty This wide ranging work surveys the lives and contexts of both real and imagined persons with extraordinary bodies from the seventeenth century to the present day through close examinations of art literature folklore and cultural practices as well as scientific and pseudo scientific discourses Generously illustrated and written in a lively and accessible style Vallone s provocative study encourages readers to look with care at extraordinary bodies and the cultures that created depicted loved and dominated them *The Fat Pedagogy Reader* Erin Cameron,Constance Russell,2016-03-30 Over the past decade concerns about a global obesity epidemic have flourished Public health messages around physical activity fitness and nutrition permeate society despite significant evidence disputing the facts we have come to believe about obesity We live in a culture that privileges thinness and enables weight based oppression often expressed as fat phobia and fat bullying New interdisciplinary fields that problematize obesity have emerged including critical obesity studies critical weight studies and fat studies There also is a small but growing literature examining weight based oppression in educational settings in what has come to be called fat pedagogy The very first book of its kind The Fat Pedagogy Reader brings together an international interdisciplinary roster of respected authors who share heartfelt stories of oppression privilege resistance and action fascinating descriptions of empirical research confessional tales of pedagogical mis adventures and diverse accounts of educational interventions that

show promise Taken together the authors illuminate both possibilities and pitfalls for fat pedagogy that will be of interest to scholars educators and social justice activists Concluding with a fat pedagogy manifesto the book lays a solid foundation for this important and exciting new field This book could be adopted in courses in fat studies critical weight studies bodies and embodiment fat pedagogy feminist pedagogy gender and education critical pedagogy social justice education and diversity in education

Food and Society Amy E. Guptill, Denise A. Copelton, Betsy Lucal, 2013-04-03 This timely and engaging text offers students a social perspective on food food practices and the modern food system It engages readers curiosity by highlighting several paradoxes how food is both mundane and sacred reveals both distinction and conformity and in the contemporary global era comes from everywhere but nowhere in particular With a social constructionist framework the book provides an empirically rich multi faceted and coherent introduction to this fascinating field Each chapter begins with a vivid case study proceeds through a rich discussion of research insights and ends with discussion questions and suggested resources Chapter topics include food s role in socialization identity work health and social change as well as food marketing and the changing global food system In synthesizing insights from diverse fields of social inquiry the book addresses issues of culture structure and social inequality throughout Written in a lively style this book will be both accessible and revealing to beginning and intermediate students alike

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