Goal Diggers: Helping People Change Habits With Positivity and a Non-Diet, Values-Driven Approach

By Rebecca Scritchfield, MA, RDN, EP-C

References

- 1. Aamodt S. Why you can't lose weight on a diet. *The New York Times*. https://www.nytimes.com/2016/05/08/opinion/sunday/why-you-cant-lose-weight-on-adiet.html. Published May 6, 2016. Accessed May 15, 2017.
- 2. ASDAH. Association for Size Diversity and Health website. http://sizediversityandhealth.org/
- 3. Association for Size Diversity and Health (ASDAH). Poodle science. YouTube website. https://www.youtube.com/watch?v=H89QQfXtc-k. Published February 23, 2015.
- 4. Dulloo AG, Montani J. Pathways from dieting to weight regain, to obesity and to the metabolic syndrome: an overview. *Obes Rev.* 2015;16(Suppl 1):1-6.
- 5. Look AHEAD Research Group. Eight-year weight losses with an intensive lifestyle intervention: the look AHEAD study. *Obesity (Silver Spring)*. 2014;22(1):5-13.
- 6. Fildes A, Charlton J, Rudisill C, Littlejohns P, Prevost AT, Gulliford MC. Probability of an obese person attaining normal body weight: cohort study using electronic health records. *Am J Public Health*. 2015;105(9):e54-e59.
- 7. Kaplan J. Half of Americans are trying to lose weight, including many who are not overweight, CDC reports. WBUR website. https://www.wbur.org/commonhealth/2018/07/12/half-americans-lose-weight-cdc. Published July 12, 2018.
- 8. Lissner L, Odell PM, Dagostino RB, et al. Variability of body weight and health outcomes in the Framingham population. *New Engl J Med*. 1991;324(26):1839-1844.
- 9. Mann T, Tomiyama AJ, Westling E, Lew AM, Samuels B, Chatman J. Medicare's search for effective obesity treatments: diets are not the answer. *Am Psychol*. 2007;62(3):220-233.
- 10. Mensinger JL, Tylka TL, Calamari ME. Mechanisms underlying weight status and healthcare avoidance in women: a study of weight stigma, body-related shame and guilt, and healthcare stress. **Body Image**. 2018;25:139-147.
- 11. Polidori D, Sanghvi A, Seeley RJ, Hall KD. How strongly does appetite counter weight loss? Quantification of the feedback control of human energy intake. *Obesity (Silver Spring)*. 2016;24(11):2289-2295.

- 12. Puhl RM, Heuer CA. Obesity stigma: important considerations for public health. *Am J Public Health*. 2010;100(6):1019-1028.
- 13. Scritchfield R. Why we need body kindness. YouTube website. https://www.youtube.com/watch?v=7t13Ahip0xE&list=PLQPvfnaYpPCUT9MOwHByVwN1f-bL2rn1V&index=8&t=15s. Published December 27, 2016.
- 14. Scritchfield R. **Body Kindness: Transform Your Health From the Inside Out, and Never Say Diet Again**. New York, NY: Workman Publishing; 2016.
- 15. Sumithran P, Proietto J. The defence of body weight: a physiological basis for weight regain after weight loss. *Clin Sci (London)*. 2013;124(4):231-241.
- 16. Sutin AR, Stephan Y, Terracciano A. Weight discrimination and risk of mortality. *Psychol Sci.* 2015;26(11):1803-1811.
- 17. Neff K. Test how self-compassionate you are. Self-Compassion website. http://self-compassion.org/test-how-self-compassionate-you-are/. Accessed May 15, 2017.
- 18. Tylka TL, Annunziato RA, Burgard D, et al. The weight-inclusive versus weight-normative approach to health: evaluating the evidence for prioritizing well-being over weight loss. *J Obes*. 2014;2014: 983495.
- 19. Vadiveloo M, Mattei J. Erratum to: perceived weight discrimination and 10-year risk of allostatic load among US adults. *Ann Behav Med*. 2017;51(1):105.