

Bodies, Food, and Health Education

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40+ years teaching combined

OUR GOAL:

Change the landscape of how we
talk about bodies & food within
Health Education



Today's Agenda

- 1 Content Reminder
- 2 Affective Activity
- 3 Theory
- 4 Language
- 5 Do's & Don'ts
- 6 Next Steps

The Why.

Why this is important for young folks...

**Men are 25%
of ED
diagnoses**

**~10% of trans
folks will
experience ED
in their life.**

**Most ED
research does
not include
BIPOC folks.**

**BIPOC folks half as
likely to be
diagnosed, treated,
or even asked.**

**45% of Female
athletes and 19%
male athletes**

**35% of young
people are
dissatisfied with
their bodies (YRBS)**

**Disordered
Eating is part of a
cultural script**

**Traditional
Nutrition
Education
perpetuates these
scripts**

WHAT DOES IT MEAN TO LIVE IN A DIET CULTURE?

MODULE THREE

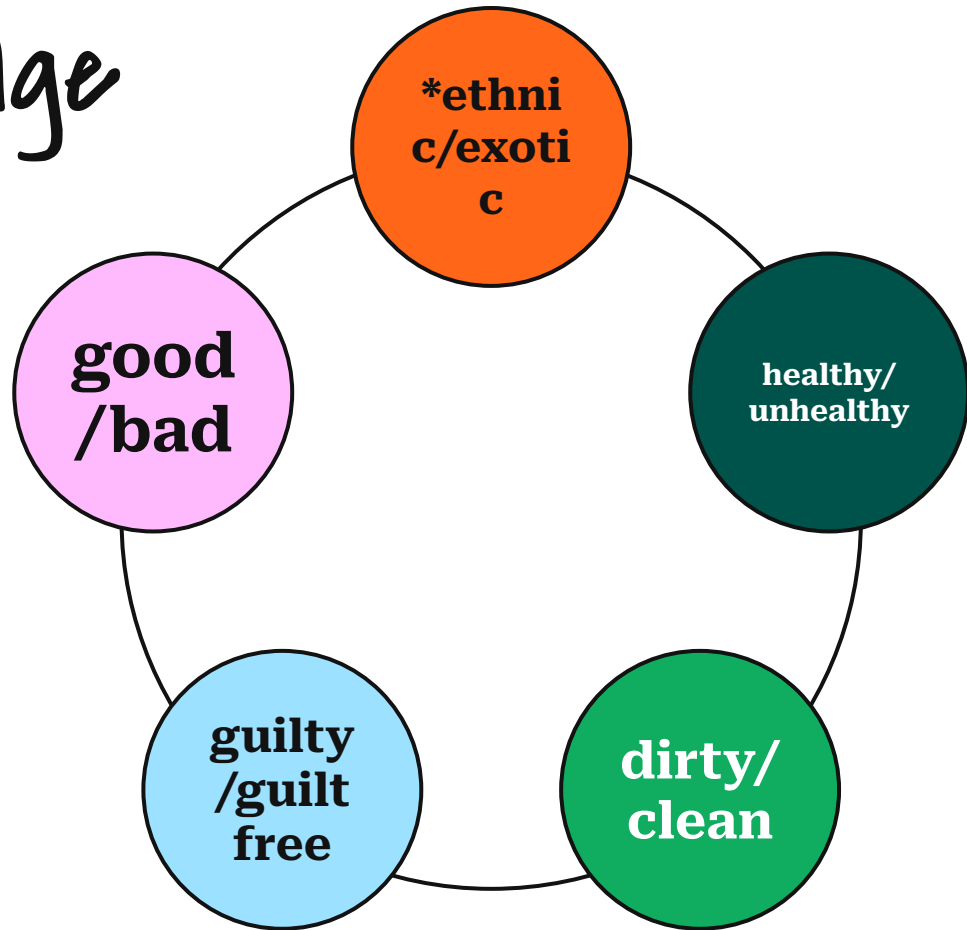
- ASSOCIATING YOUR WORTH IN THE WORLD WITH YOUR BODY SIZE
- EQUATING THINNESS WITH HEALTH
- BODY WEIGHT DICTATING HAPPINESS, WORTH, AND MORAL VALUE
- FOOD RULES AND RESTRICTIVE EATING
- PROMOTING WEIGHT LOSS AT ALL COSTS
- FOOD ANXIETY, GUILT, OR SHAME
- IGNORING BODY CUES
- AVOIDING SOCIAL SITUATIONS IN ORDER TO AVOID EATING
- EXERCISING FOR PUNISHMENT
- DEMONIZING FOOD HIGH IN FAT, CARBS, OR CALORIES
- DIET TALK

Are you being good?

Changing Language

What we say and
how we say it.

Let's try to
avoid...



Follow the science.



I bet that person has a 30% test 😂
Powered by HOLI.BOX

FORMERLY
SPORTS.



FALSE ASSUMPTION



Obese

Overweight

Underweight

WEIGHT	lbs	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290				
	kgs	41	45	50	54	59	64	68	73	77	82	86	91	95	100	104	109	113	118	122	127	132				
HEIGHT		Underweight					Healthy					Overweight					Obese					Extremely Obese				
ft/in	cm																									
4'8"	142.2	20	22	25	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65				
4'9"	144.7	19	22	24	26	28	30	32	35	37	39	41	43	45	48	50	52	54	56	58	61	63				
4'10"	147.3	19	21	23	25	27	29	31	33	36	38	40	42	44	46	48	50	52	54	56	59	61				
4'11"	149.8	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	51	53	55	57	59				
4'12"	152.4	18	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57				
5'1"	154.9	17	19	21	23	25	26	28	30	32	34	36	38	40	42	43	45	47	49	51	53	55				
5'2"	157.4	16	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53				
5'3"	160.0	16	18	19	21	23	25	27	28	30	32	34	35	37	39	41	43	44	46	48	50	51				
5'4"	162.5	15	17	19	21	22	24	26	27	29	31	33	34	36	38	39	41	43	45	46	48	50				
5'5"	165.1	15	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48				
5'6"	167.6	15	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47				
5'7"	170.1	14	16	17	19	20	22	24	25	27	28	30	31	33	34	36	38	39	41	42	44	45				
5'8"	172.7	14	15	17	18	20	21	23	24	26	27	29	30	32	33	35	37	38	40	41	43	44				
5'9"	175.2	13	15	16	18	19	21	22	24	25	27	28	30	31	33	34	35	37	38	40	41	43				
5'10"	177.8	13	14	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36	37	39	40	42				
5'11"	180.3	13	14	15	17	18	20	21	22	24	25	27	28	29	31	32	33	35	36	38	39	40				
5'12"	182.8	12	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35	37	38	39				
6'1"	185.4	12	13	15	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38				
6'2"	187.9	12	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37				
6'3"	190.5	11	13	14	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36				
6'4"	193.0	11	12	13	15	16	17	18	19	21	22	23	24	26	27	28	29	30	32	33	34	35				
6'5"	195.5	11	12	13	14	15	17	18	19	20	21	23	24	25	26	27	28	30	31	32	33	34				
6'6"	198.1	10	12	13	14	15	16	17	18	20	21	22	23	24	25	27	28	29	30	31	32	34				
6'7"	200.6	10	11	12	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33				
6'8"	203.2	10	11	12	13	14	15	16	18	19	20	21	22	23	24	25	26	27	29	30	31	32				
6'9"	205.7	10	11	12	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31				
6'10"	208.2	9	10	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				
6'11"	210.8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	25	26	27	28	29	30				

(National Heart,
Lung, and Blood
Institute, 2018)

What Are Better Predictors Of Health?

Focusing solely on someone's BMI can promote eating disorders—not to mention [weight bias](#), where healthcare providers view obese patients as lazy. They may dismiss certain symptoms, telling patients they just need to eat healthily and exercise more often when really their symptoms are indicative of a deeper issue. While BMI can be valuable in some settings, it is better to take a holistic approach when looking at predictors of health, such as:

- **Socioeconomic status and healthcare disparities.** Those who don't have access to or can't afford fresh, healthy foods; who live in [more polluted neighborhoods](#) and who don't have access to quality healthcare centers of excellence are more likely to develop health conditions.
- **Activity level & lifestyle.** People can be at a "healthy" BMI but it doesn't necessarily tell the story of their lifestyle. If they [smoke](#), if they're not active and if they don't eat a balanced, nutritious diet, they can certainly be less healthy than someone who is overweight but who regularly exercises, eats well and abstains from smoking.
- **Genetic health history.** Our health is partly environmental but also partly genetic. The health history of your parents can inform you of health conditions you may be at greater risk for in the future.

For a select group of people, BMI may be a part of a puzzle piece that tells the story of their health. But for a larger group of people, using BMI can actually be detrimental. As we learn more about disparities in healthcare, [implicit bias](#) and examine long-ago established, race-based healthcare guidance, we can correct issues so that everyone has an equal opportunity to reach their optimal health.

services and specialties.

[Learn more](#)



Instead, let's look at:



We are MORE than a body.



- Food logs (calorie and nutrient counting)
- Measuring BMI
- Goal-setting with food, bodies or weight
- Stigmatizing documentaries (Super Size Me, Forks over Knives)
- Compulsory Body positivity



- Media literacy on diets/dieting
- Debunking BMI and physical appearance as a sole measure of health
- Accessing valid and reliable information on nutrition and eating
- Knowing the warning signs of ED and how to seek help
- Intuitive “mindful” eating
- Emphasizing the cultural and pleasurable aspects of eating.
- Shifting away from weight-focus and nutritionism
- Social Determinants of health and food apartheid



Dove Self-Esteem Project *Confident Me!*

We are on
a mission to
empower over

250
million

young people around
the world by 2030

Training Session

Drew Miller (he/him)

#DoveSelfEsteemProject

@Dove

Cooking Demo: Due

Remember...

- This should be fun! Pick a meal/snack you enjoy, and be creative with your video.
- Don't spend money unless you want to. Use ingredients you have in your home.



WELLNESS Wednesday

- Ingredients
 - bread (whole wheat, white)
 - Nut butter (peanut, sunflower, almond, etc.)
 - 1 banana
 - Honey (jelly can be a substitute)
 - Butter knife
 - Napkins/towel
 - Plate
- Let's do our best to keep the room clean, tidy and safe



First... Why PB&J?

- [5 Reasons PB&J is the Best Sandwich Ever](#)
- [What Happens to Your Body When You Eat a PB&J Sandwich](#)

- **And the most important reason?**

THE TASTE!

Describe your sandwich using only descriptive words! (not good, bad, yummy, etc.).

 **Adjectives Describing TASTE**

- Acidic
- Bitter
- Burnt
- Buttery 
- Cheesy
- Citrusy
- Creamy
- Egggy
- Fermented
- Fiery
- Ripe

- Fishy
- Flavorful
- Fresh
- Fried
- Herbal
- Hot
- Icy
- Infused
- Juicy
- Lemony
- Roasted

- Malty
- Mild
- Minty
- Moist
- Peppery
- Pickled
- Plain
- Rancid 
- Raw
- Refreshing
- Rotten

- Rubbery
- Salty
- Savoury
- Seasoned
- Sharp
- Smokey
- Sour
- Spicy
- Stale
- Strong
- Sugary

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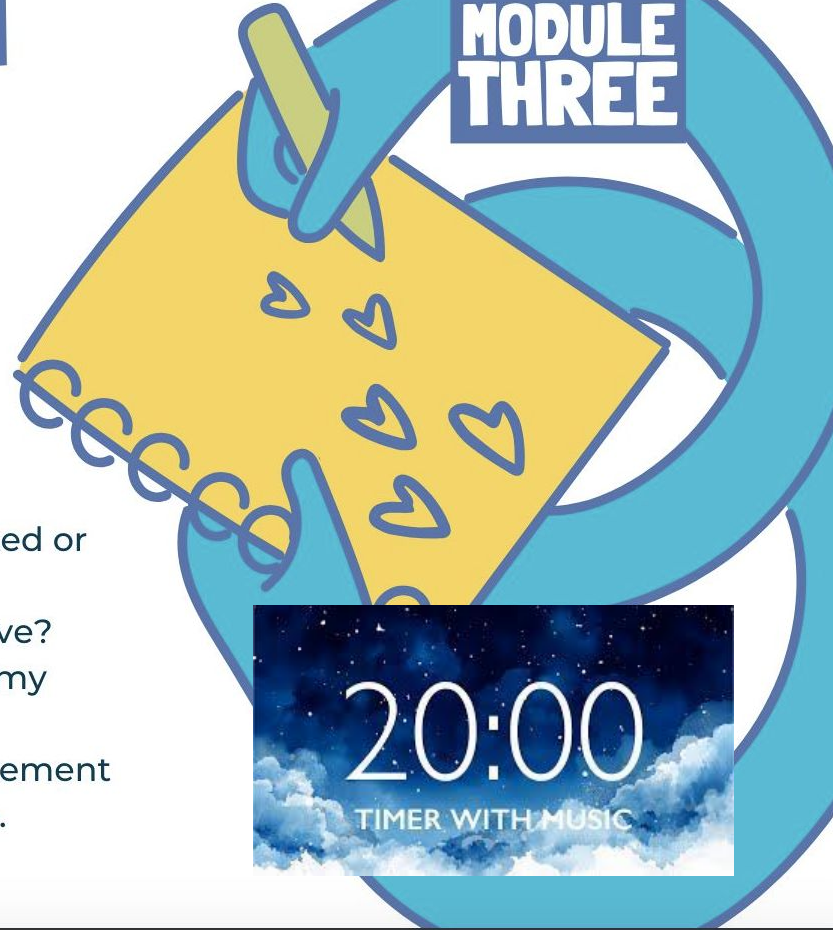
JOURNAL PROMPT

LOVE LETTER TO MYSELF

Write a letter to yourself focused on self-appreciation and affirmation. Try to go beyond appearance and instead celebrate inner qualities, talents, and accomplishments. Be sure to thank yourself at the end of the letter! Pick one of these prompts to start:

- What do I love about myself? Write about qualities or strengths you admire in yourself that are often overlooked or underestimated by others.
- What do I wish I could tell my younger self about self-love? What messages or affirmations do I want to share with my future self?
- What is something I have achieved? Describe an achievement you are proud of that goes beyond physical appearance.

MODULE
THREE



FOOD SORTING ACTIVITY

1. You and your group members will sort food items between.
2. Everyone must participate.
3. Talk, discuss, debate, and work together. Be prepared to defend your choices.

This activity borrowed from Angie Foster-Lawson (they/them)
@yeahyeahqueer





PROCESSING QUESTIONS

1. What did it feel like to sort these foods?
2. How did you sort them?
3. What other ways could you have sorted the foods?

Is there such thing as a good or bad food?

What does our society tell us is good? Bad?

Sorting foods into “good” and “bad” is a reflection on the values of the culture, which can be very different from our own personal preferences. Each of us gets to decide how to place value on food, and repair or grow our individual relationship with food.

DITCHING DIET CULTURE AT SCHOOL

ASSIGNMENT

BE REAL CURRICULUM

NHES

- Self-Management = Cooking, Movement as Joy
- Analyzing Influences = Family, Culture, Media
- Accessing Resources = food shopping/availability, fun and new ways to incorporate movement
- Communication = language
- Advocacy = sharing culture, variety in school, PE choice, opting-out of BMI



Keep in touch



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