



Target weight and weight monitoring. Helpful or harmful?

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Abstract

The potential negative implication of target weight and weight monitoring

Within the science of weight development scientists agree that individuals have very little control over their weight development, if any in a healthy, sustainable way. An individual's weight is largely influenced by genetics, but also by environmental, developmental, and socio-economic factors. Further, health and quality of life cannot be classified based on BMI.

However, both diagnosis and treatment of eating disorders are largely associated with target weights based on BMI, weight monitoring, and specific calorie amounts with the purpose of regulating the weight and achieving a healthy weight.

The fact that diagnosis and treatment do not focus on weight/BMI does not change the fact that a client with anorexia needs to gain weight. However, it means that there is a significant difference in how we help the patient normalize their weight, how we evaluate the patient's compliance and what we understand as a healthy weight.

This session focuses on the issues related to this and discusses the opportunities in letting weight control, meal plans, and target weight take a back seat.

Topics: Treatment

For workshops only

- Presentation by the author
- Individual reflection from key areas of the presentation
- Discussion and dialogue among the participants

about their experiences

Submission Format: Workshop

Is It a Student Paper? No