

**SATURDAY MARCH 14, 2020 • U OF MANITOBA**

Room 222 University Centre



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**PRESENTED BY NUTRITION  
EDUCATION AND  
COMMUNITY OUTREACH ("NECO")**

## What is Health at Every Size (HAES)?\*

Rather than defining health as simply the absence of physical or mental illness, limitation, or disease, the HAES approach affirms that health exists on a continuum that varies with time and circumstance for each individual. Health should be conceived as a resource or capacity available to all regardless of health condition or ability level, and not as an outcome or objective of living. Pursuing health is neither a moral imperative nor an individual obligation, and health status should never be used to judge, oppress, or determine the value of an individual.

The framing for a HAES approach comes out of discussions among healthcare workers, consumers, and activists who reject both the use of weight, size, or BMI as proxies for health, and the myth that weight is a choice. The HAES model is an approach to both policy and individual decision-making. It addresses broad forces that support health, such as safe and affordable access. It also helps people find sustainable practices that support individual and community well-being. The HAES approach honors the healing power of social connections, evolves in response to the experiences and needs of a diverse community, and grounds itself in a social justice framework.

## Health at Every Size Principles\*

1. Weight Inclusivity: Accept and respect the inherent diversity of body shapes and sizes and reject the idealizing or pathologizing of specific weights.
2. Health Enhancement: Support health policies that improve and equalize access to information and services, and personal practices that improve human well-being, including attention to individual physical, economic, social, spiritual, emotional, and other needs.
3. Respectful Care: Acknowledge our biases, and work to end weight discrimination, weight stigma, and weight bias. Provide information and services from an understanding that socio-economic status, race, gender, sexual orientation, age, and other identities impact weight stigma, and support environments that address these inequities.
4. Eating for Well-being: Promote flexible, individualized eating based on hunger, satiety, nutritional needs, and pleasure, rather than any externally regulated eating plan focused on weight control.
5. Life-Enhancing Movement: Support physical activities that allow people of all sizes, abilities, and interests to engage in enjoyable movement, to the degree that they choose.

## What is Nutrition Education and Community Outreach (NECO)?

NECO is a student group that is comprised of Food and Human Nutritional Sciences (FHNS) students from the University of Manitoba. This student group was initially created with the following objectives in mind:

1. Provide resources for FHNS students, staff, and faculty
2. Provide FHNS students professional development opportunities and outreach skills to apply to their future careers in the nutrition field
3. Coordinate Nutrition Month activities in March across the Fort Garry campus
4. Increase awareness of nutrition and food-related topics on the University of Manitoba campus and in the City of Winnipeg
5. Collaborate with other student groups and organizations at the University of Manitoba to work collectively on awareness and outreach activities

## Why did we plan this conference?

While some of our classes in Human Nutritional Science touch upon the topic of HAES, it is often a healthcare approach that we don't get to explore in depth as undergraduate students. The aim of creating this conference was to:

1. Address how the HAES approach is applied in healthcare
2. Bring awareness to the discriminatory behaviours that impede members of marginalized communities from achieving health

We also realized that the discussions within this conference should be available to the general population as well as areas of healthcare outside of nutrition and dietetics. We believe we all play a role in advocating to create positive change for marginalized folks.



# Schedule

8:30-9:30AM - REGISTRATION/BREAKFAST

9:30AM - OPENING REMARKS

9:45-10:45AM - ALI EBERHARDT AND HANNAH ROBINSON

10:45AM-11:00AM - BREAK

11:00AM-11:30AM - LINDSEY MAZUR

11:30AM-12:00PM - ANN MCCONKEY

12:00PM-12:45PM - LUNCH

12:45PM-1:15PM - SHOOGLET

1:15PM-1:45PM - LOUIS GHEORGHICA

1:45PM-2:00PM - GUIDED STRETCH/MEDITATION

2:00PM-2:30PM - SUPERNOVA

2:30PM-3:30PM - PANEL

3:30PM - CLOSING REMARKS

HAES Conference  
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## BROOKE VAN RYSSEL, My Body Winnipeg



Brooke Van Ryssel is a Certified Group and Personal Trainer and Registered Holistic Nutritionist. She is also the owner/founder of My Body Fitness + Nutrition, Winnipeg's first Body Inclusive fitness and nutrition company. Having worked in the health and fitness industry for several years Brooke knew that when starting My Body that things had to be different. She created My Body to bring body Inclusivity to the health and fitness world in her city, a place it has been either absent or just unwelcome for far too long. In October 2018 Brooke opened the commercial location of My Body a Body Inclusive group fitness gym and community space! This location features 30 minute group fitness classes 6 days a week, Body Inclusive Yoga 2 days a week, as well as a holistic nutritional consulting office accessible to all fitness levels and ALL BODIES! We use the HAES approach and are Fat Positive, diet culture free, advocates for mental health, feminist, anti-racism, anti-ableism, and allies of the 2SLGBTQIA+ community. Unlike the traditional gym model My Body's focus is not on aesthetics but rather how you feel and what you are capable of, because there are so many other reasons to move and nourish your body that have nothing to do with its appearance. My Body is an intentionally safe space for ALL humans to sweat, laugh, and learn together in a truly judgement free zone, all because they love their bodies. Brooke is committed to making real change in and outside of the industry with My Body, celebrating diversity through inclusion and actively working to help as many people as possible to accept and love their bodies.

## ALI EBERHARDT, RD and HANNAH ROBINSON, RD

### Co-hosts of the "Let Us Eat Cake" podcast



Ali Eberhardt is a Registered Dietitian working in the Provincial Adult Tertiary Specialized Eating Disorders Program (PATSED) at St. Paul's Hospital in Vancouver, BC. She holds a Bachelor of Science in Food, Nutrition and Health with Honours from the University of British Columbia and completed her internship with Providence Health Care in 2010 beginning her career in the field of eating disorders at this time. Ali was born and raised in Regina, Saskatchewan and although she has lived in Vancouver for over 15 years she still considers herself a prairie girl. Besides her love of all things country music and Saskatchewan Roughriders football, she feels fortunate to work in the field of eating disorders as it combines her love of nutrition with her desire to help people find a healthy relationship with food and their body. In addition to her work as the program dietitian for the Discovery/Vista Residential Treatment Program, she also has a private practice with a focus on eating disorders and disordered eating. Recently Ali has taken on the podcasting world and is co-host of the "Let Us Eat Cake" podcast. Ali believes that the body knows what to do with nutrition, food is much more than just a sum of its macronutrients and that the body can ALWAYS be trusted. She can't wait to see where this conversation will lead as we question where we get our nutrition information, who we trust to tell us what to eat and when we can finally say thank you, not next to diet culture.

Hannah Robinson is a Registered Dietitian working in Vancouver, British Columbia. She holds a Bachelor of Science in Food, Nutrition and Health with Honours from the University of British Columbia and completed an accredited internship with Providence Health Care in 2014. She holds an appointment with the Faculty of Land and Food Systems at the University of British Columbia as a Clinical Instructor. Her early childhood obsession with gourmet foods (read: lunch kits packed with quiche and kumquats) inspired her to pursue a career in nutrition. Her food repertoire has since evolved, and she now works in the inpatient program for the Provincial Adult Tertiary Specialized Eating Disorder Program at St Paul's Hospital. Her work is focused in supporting medical and nutritional stability and helping individuals regain trust with food, nutrition and their bodies. Hannah is a member of the Regional Weight Stigma Working Group which focuses on promoting the use of weight-inclusive care across local health authorities. She also volunteers with the Looking Glass Foundation where she provides online support to individuals suffering from eating disorders and disordered eating. In addition to her clinical practice she co-hosts the Let Us Eat Cake podcast, which is dedicated to ditching diet culture, addressing weight stigma and busting nutrition myths that commonly arise in the media. Hannah is passionate about helping people understand the science behind nutrition so they can break free from the confusing messages about health perpetuated by diet culture. In her spare time Hannah is usually on her bike, or carb loading for races.

## LINDSEY MAZUR, PHec, RD, MSc candidate



Lindsey Mazur is a professional home economist, dietitian and Masters candidate. She has worked in women's health, specializing in and advocating for weight-inclusive approaches, eating disorders prevention as well as reducing weight stigma. In 2016, she founded Manitobans Against Weight Stigma to increase awareness of weight stigma and to advocate to amend the Manitoba Human Rights Code to include "physical size and weight" as a protected characteristic. She received the Women's Health Research Foundation of Canada 2019 award for her qualitative research project on perinatal weight stigma in dietetics. She plans to pursue her PhD in the hopes of teaching dietetics students and continuing research in the above areas. She is a long time volunteer with Manitoba Association of Home Economists and was honoured by her peers in 2015 by receiving the Distinguished Home Economist Award.



## ANN MCCONKEY, RD, Women's Health Clinic



Ann McConkey RD has worked at Women's Health Clinic in Winnipeg, Manitoba for much of her career. For the past 10 years she has worked with mostly Binge Eating Disorder in the Provincial Eating Disorder Prevention and Treatment program that sees adults of all genders. For the past 35 years she has incorporated a feminist, weight-inclusive approach, working compassionately with clients individually and in groups to help them move away from a focus on weight toward body acceptance and self-care, and to heal from societal stigma against people of size. Ann has done hundreds of professional presentations over the years. She feels very passionate about the topics of the failure of dieting, weight stigma, reducing the risk of eating disorders, and incorporating a Health at Every Size/weight-inclusive approach into health care practice.

## SHOOG MCDANIEL, Photographer, Artist and Fat Liberation Activist



Shoog McDaniel is a fat, queer, disabled Floridian freak who has been creating art in the swamps since early age. They are inspired by Florida flora and fauna and the beautiful fatties they photograph. They love color and patterns and creating alternative worlds to escape the one they're in. They are a photographer by trade and themes of nature worship and fat liberation can be seen throughout their work. [www.shoogmcdaniel.com](http://www.shoogmcdaniel.com)

## LOUIS GHEORGHICA, Mental Health and Community Advocate



They/Them/He/Him

Louis Gheorghica is a trans man who was born in Romania and then placed into the state orphanages where they would live until they were 3 ½ years old. Louis came to Canada right around this time, and 2020 happens to mark their 29th anniversary of living in Canada. On a daily basis, Louis lives life with mental illness. They have struggled through the motions of gender dysphoria and have lived with an eating disorder for over 20 years. While this may be their reality, they have come to realize that all of their past and current experiences have shaped who they are today. This has led to their involvement in being a mental health and community advocate, and also to their work in poverty awareness and community action (PACA). They've been involved in numerous organizations such as the United Way of Winnipeg, Food Matters Manitoba, Norwest Community Health, Blake Gardens Resource Centre and also Sunshine House (which is kind of like their second home). Louis believes that communication is key to nearly everything, and that without it, we would not have CommUnity. Their motto is "be kind and love all".

# SUPERNOVA

## Performance Artist, Quantum Jumper, Advocate for Health & Radical Self Acceptance



She/Her/They/Them\*)

\*their pronouns are currently on a spectrum, lately leaning towards she/her

Supernova is a black, non-binary/non-gender conforming, multi-talented performance artist. They are passionate in the areas of magic, science, dancing, singing, acting and music in general. They believe that anything can be considered art depending on how you perceive it. They live with dissociative identity disorder, causing their brain to switch between different “modes,” making life interesting to navigate at the very least. While pacing themselves through shifting identities, they often view their life as a performance. This performance has lived through mental and physical disabilities (many of which are not overtly visible), chronic health issues and body image issues. While the performance of their life hasn’t always “stuck to the script,” Supernova has adapted and emerged to have the ability to heal their trauma and organize their thoughts all while being a leader in making meaningful change. In recent years, they have become further aligned with their spiritual side which has assisted them in overcoming numerous obstacles such as trauma, multiple mental illnesses, substance use and their eating disorder. Through all of this, Supernova’s dynamic aura has allowed them to realize and embrace their psychic intellectual abilities. This has further allowed them to become more in tune with their true self. In true Aries fashion, Supernova is one spicy number that is always striving for growth, optimism and action.

