

# ASPHN STUDENT NETWORKING WEBINAR 2023 HELPFUL RESOURCES

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## HEALTH AT EVERY SIZE (HAES)

- ["The Weight-Inclusive versus Weight-Normative Approach to Health: Evaluating the Evidence for Prioritizing Well-Being over Weight Loss"](#)

The **HAES Model** demonstrates that there are links between extremes of weight and health problems, but evidence is stronger for factors other than weight in people's health.

## WEIGHT INCLUSIVE NUTRITION

- [Weight Inclusive Nutrition and Dietetics \(WIND\)](#)
- [Shifting the Conversation: Moving Towards a Weight-Inclusive Model of Health Care](#) - UConn Rudd Center for Food Policy & Obesity

## OTHER HELPFUL RESOURCES

- [ASPHN](#)
  - [Policy, Systems, and Environmental Change](#)
  - [See It. Say It. Share It.](#)
  - [Division of Nutrition, Physical Activity, and Obesity \(DNPAO\) Funding Opportunity Tips](#)
- [Diet ID](#)
  - [Credible Nutrition Websites](#)