

Dietitian to Dietitian Episode 1: Additional resources

- **Research:**
 - **Review Article:** [An Evidence-Based Rationale for Adopting Weight-Inclusive Health Policy by Hunger](#) et.al.
 - **Study:** [Blood pressure and resting heart decreased regardless of whether the person lost weight.](#) Look beyond the title and abstract: "*Despite the absence of a meaningful loss of body weight, the NR experienced significant changes in health markers. This indicates that exercise in the absence of weight loss still provides a valuable tool for improving health.*"
 - **Study:** [Weight stigma and health behaviors:](#) Evidence from the Eating in America Study, by Lee, et al
- **Books:**
 - [Fearing the Black Body: The Racial Origins of Fatphobia](#) by Sabrina Strings
 - [Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weight](#) by Lindo Bacon and Lucy Aphramor
 - [What We Don't Talk About When We Talk About Fat](#) by Aubrey Gordon
 - [Unapologetic Eating: Make Peace with Food and Transform Your Life](#) by Alissa Rumsey
- **Links:**
 - ASDAH: <https://asdah.org/>
 - WIND: <https://weightinclusivenutrition.com/>
 - Inspird to Seek: <https://wellseek.io/inspird-to-seek>
 - EDRD Pro: <https://edrdpro.com/>