



## Size and health

Human bodies naturally come in a diverse range of shapes and sizes. Even if we all ate the same food and did the same activity, we'd still look different. Bodies of different sizes can be healthy.

There's an association between size and health, but it's not as black & white as people think. You can't tell how healthy someone is just by looking at them or measuring their body mass index (BMI).

Weight may be influenced by some behaviours, but it's largely influenced by things outside your control eg. your genes. Engaging in healthy behaviours is beneficial for *all* bodies, regardless of size.

### Am I healthy?

Booking in for a check-up with your GP can be a helpful place to start. They can measure your pulse and blood pressure, and order blood tests for health markers such as blood sugar, cholesterol, triglycerides etc. You can also consider the health-influencing behaviours you engage in regularly. Things like eating fruits and veggies, being physically active, sleep, smoking, and drinking alcohol.

Mental health is just as important as physical health. Psychological stress from things like weight stigma and poor body image can affect your physical health.

### To learn more:

- Association for Size Diversity and Health (ASDAH)
- HAES Australia
- Search for 'poodle science' on YouTube
- *Health at Every Size* by Lindo Bacon, PhD
- *Anti-Diet* by Christy Harrison, MPH RD