

# JANUARY

## HEALTH AND WELL-BEING

## THINGS TO TRY

### Diet Culture: How to avoid the Resolution Trap

## WHAT IS DIET CULTURE?

A SOCIETY THAT FOCUSES ON AND VALUES WEIGHT, SHAPE, AND SIZE OVER HEALTH AND WELL-BEING

EXAMPLES OF DIET CULTURE:

1

FEELING LIKE YOU CAN'T ESCAPE CONVERSATIONS ABOUT WEIGHT, DIETS, GOOD/BAD FOODS, CUTTING CARBS, DETOXING, CLEANSING, CALORIES, MACROS, ETC.

2

EXERCISE IS ADVERTISED AS A MODE FOR WEIGHT LOSS, A MEANS TO BECOME MORE ATTRACTIVE, OR PUNISHMENT FOR EATING

3

WEIGHT LOSS CHALLENGES IN WORKPLACES, AMONGST FAMILY MEMBERS, OR FRIENDS

4

A HEALTHCARE PROVIDER THAT FOCUSES ON BMI AND OVERLOOKS ASSESSING OTHER HEALTH MARKERS, FITNESS LEVEL, MOBILITY, PSYCHOLOGICAL WELL-BEING

5

BEFORE-AND-AFTER PHOTOS, THIN IDEALS, FIT IDEALS. ANYTHING THAT GENERATES A FEAR OF FAT OR POSITIONS LARGE AS LESS VALUABLE

6

PRAISING PEOPLE FOR VIGILANT EATING AND/OR WEIGHT LOSS

## WHY SHOULD WE AVOID IT?

The concept of setting resolutions can be good in theory, but these resolutions can amplify the noise surrounding diet culture in January, which can be triggering for individuals who are struggling or are in recovery from an eating disorder. As Amy McCarthy writes in an [article for Eater](#), "January has become synonymous with an onslaught of weight-loss advertising and content, both from companies and media outlets, turning the month into a minefield for people who have struggled with disordered eating or a desire to lose weight."

Therefore, to avoid the harmful effects of diet culture in the new year, here are a few helpful tips for noticing the signs of negative talk.

## SOCIAL MEDIA

If you know you are bothered by certain types of diet culture content, this may be a good time of year for a social media detox! However, it can also be a powerful tool for connection and knowledge. Make sure to unfollow influencers and "wellness gurus." Follow real people who focus on Health at Every Size and ALWAYS ensure your information about health, nutrition and weight comes from a registered dietician, doctor or advocacy groups like NEDA (National Eating Disorder Association).

## IRL

It's okay to speak up! Share this newsletter or another resource with a trusted family member or friend who will help you avoid this type of content or will speak up to challenge others for you when they up diet culture topics in person.

Suggest non-food or alcohol-related activities! Winter is a great time to visit Kansas City's museums, libraries, zoo and other attractions. Most important, work on your own language. People will take cues from how you speak about your body, diets, exercise, etc. Most people want to be supportive and will be grateful for the example and guidance.

# January Health and Well-Being Events

## Lucile H. Bluford Branch

- **\*\*\*MixedFit - Thursdays @ 6 p.m.**
- **\*\*\*200 Tough Workout - Tuesdays at 6 p.m.**

## Plaza Branch

- **Winter Yoga Series - Wednesdays @ 6 p.m.**
- **\*\*\*Death Cafe - 01/08 @ 7 p.m.**
- **Tai Chi and Qi Gong - Sundays @ 11:15 a.m.**
- **Creative Adventure - 01/22 @ 6:30 p.m.**
- **New Year, New Discoveries 2025 - 01/25 @ 1 p.m.**

## Southeast Branch

- **Monday Morning Warmup - Mondays @ 10:30 a.m.**
- **\*\*\*SNAP Outreach Program - 01/14, 01/21, 01/28 @ 11 a.m.**

## Northeast Branch

- **Youth Wellness - Wednesdays @ 5:30 p.m.**

## Central Branch

- **\*\*\*Creative Wellness and Recovery Group - Saturdays @ 11 a.m.**

**\*\*\*This program is intended for individuals 18 years and older. If you need ADA accommodation, please notify us at least 3 business days in advance at 816.701.3409 or [ADA@kclibrary.org](mailto:ADA@kclibrary.org). (TTY access available via 711 or 866.520.7309 for Spanish.)**

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