Can Shame Make Fat People Thin? Lose Weight have Fun!

What would happen if we could find a way to help people lose weight?

In this video researchers found a way to make climbing stairs fun. Life is too short to be ruined by shame. I recently read an article that suggests social shaming or disapproval be used as a ‘tool’ to ‘help’ overweight people lose weight and get back in their skinny jeans. Sadly when you make fat a behavior problem and popularize this dialogue you reduce the motivation and resources needed to address the problem. This form of social abuse has been around for awhile and we as a nation have not enjoyed weight loss but in reality as a population there are more overweight people than ever [1].

What if we could crowd source answers to help people lose weight and be happy? At ThinkWell we plan to find answers together using interventions people can do for them selves. Lets be problem solvers instead of blame givers. Together we can make a difference.

Do Thin People live Longer?

Actually there is some research to suggest that people who are overweight but not obese live longer (BMI 25-30) [2]. The multi-billion dollar weight loss and supplement industry who make big bucks off the backs of vulnerable overweight persons without providing an intervention with any long-term efficacy need to be held accountable. Another area we can target real progress is in exercising diligence of all clinical trials registering and reporting all data. This way the painful truth
about how ineffective these interventions for weight loss are would be available to all not just the victims who have paid for shoddily researched products that may affect them negatively for the rest of their lives [3].

Considerable research points to many who lose weight on a ‘program’ but are even heavier 5 years later so in essence the problem is not dealt with. This is the news from researchers in UCLA. From 1980 to 2000, the percentage of Americans who were obese more than doubled, from 15 percent to 31 percent of the population, according to researcher Mann [2].

Can Diets Do More Harm Than Good?

In another study, over 19,000 healthy older men were followed over a four-year period. Researchers found “one of the best predictors of weight gain over the four years was having lost weight on a diet at some point during the years before the study started,” Tomiyama said. In several studies, people in control groups who did not diet were not that much worse off – and in many cases were better off – than those who did diet, she said [2].

Will Power is Not Enough

People can stop smoking, it is a dichotomous choice and yet this is found difficult. Eating is not so easy because you can’t just quit. Restaurants can’t have no eating zones. To lose weight is a tough problem to solve. Education could help with better choices but more than that we need to help those who struggle and suffer by finding out why they are fat and how to fix this. If dieting doesn’t work, what does? Mann says exercise and moderation are the keys to success [2]. Who has suggestions on how to lose weight and make this fun?
References

Wolpert (2007), Dieting Does Not Work, UCLA Researchers Report  


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