

Philosophical Basis for Children and Weight Projects

We recognize each child as a unique individual, and each family as a unique group of individuals.

We celebrate differences in body size and shape among children and adults.

We view all bodies as good bodies. There is no such thing as a bad body.

We respect the bodies of others even though they might be different from our own. We encourage children to demonstrate respect for the bodies of others.

We believe that approaches to decreasing pediatric obesity must be based on sound scientific research.

We believe that the best way to decrease obesity is to create environments that promote healthy lifestyles.

We promote body satisfaction, high self-esteem, and a positive body image for children and adults.

We believe that the vast majority of parents love their children and are committed to fostering their health and welfare.

We know that our children are our future; we are strongly committed to caring for them and creating a world in which they can thrive.

11/17/99, Joanne Ikeda, MA, RD, UC Berkeley