



***Eating disorders, general psychotherapy, medication management, nutrition and recovery***

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## CEDAR events &amp; Outreach:

Upcoming & Recent Presentations:  
Westchester Medical Center Bariatric Surgery Program  
Westchester County Psych Association  
Temple Sharray Tefila  
Family University at John Jay Middle School  
Mt. St. Vincent's College & Purchase College  
Harrison School District

If your organization would like a speaker please contact  
Dr. Judy Scheel 914 244-1901

SUPPORT GROUP FOR People with Eating Disorders, Monday, November 24, 2008 - Scarsdale Office - 7:15 PM ([click for details](#))

SUPPORT GROUP FOR Family Members of Eating Disorder Sufferers, Saturday, November 22, 2008 - Mt. Kisco Office - 11 AM ([click for details](#))

### America's Frenzied Fear of Fat

By: Elissa Zelman, Psy.D., Director, Scarsdale Center

Some of you may have read "As Obesity Fight Hits Cafeteria, Many Fear a Note from School" in the New York Times on January 8, 2007. This article highlighted some schools attempts to deal with childhood obesity by informing parents of their child's Body Mass Index (BMI = (weight in pounds /height in inches ) x ( Height in inches ) x 703.) As I reflected on this article, it became apparent to me that this is one of many examples, of America's frenzied fear of fat. Clearly there is a problem in this country with obesity, especially on the increase in childhood. However, it seems that our response to these problems often exacerbate and fuel the underlying reasons that they exist in the first place.

One of the main reasons this terror exists is because we live in a weightiest and food phobic society. The general public is not given accurate information about what is truly balanced and healthy, and is alternatively fed confusing and dichotomous messages about the latest trends to follow for "quick and healthy" results. Additionally, we are taught from preschool and beyond, that fat is unhealthy, while thin is not. Of course, these assumptions do not take into account genetic/family history (including the person's natural set-point weight), lifestyle (eating, exercise, lifestyle habits), blood pressure, cholesterol, medical history etc. To remedy this, we need to de-stigmatize "good" and "bad" foods and teach moderation; to normalize the food process so that "food is fuel" and is something to be enjoyed; to educate that people naturally come in all shapes and sizes; to teach people of all ages to love exercise and movement and to spread the message that fat, in and of itself, does not equal unhealthy, nor does thinness indicate health. Rather, we need to gather a holistic picture of a person to determine if s/he is "at risk" for health issues or not.

Please click [here](#) to read more of this letter on our web site.

The 18th Annual Renfrew Center Foundation Conference For Professionals

***Feminist Perspectives and Beyond: The Power of Therapeutic Relationships in the Treatment of Eating Disorders***

November 13-16, 2008  
Philadelphia Airport Marriott  
Philadelphia, PA

For more information, please visit our websites:  
<http://www.renfrew.org/news-events/event.asp?id=108> or <http://www.renfrewcenter.com/news-events/event.asp?>