



Lindsey Mazur

Lindsey is a Registered Dietitian and Professional Home Economist from Winnipeg, Manitoba, Canada. Lindsey is currently a dietitian with the Women's Health Clinic with the Counselling/Health Promotion Team and the the Provincial Eating Disorder Prevention and Recovery Program. Lindsey has been working with the Health at Every Size® approach for 6 years. Lindsey has completed the Well Now group facilitator training with Lucy Aphramor and runs these groups publicly and privately. Lindsey graduated from the Faculty of Human Ecology at the University of Manitoba in 2007 and completed her dietetic internship in 2008. Lindsey has appeared on local breakfast television and been featured in Canadian Living magazine. Most recently Lindsey was the recipient of the Future Leaders of Manitoba Award.

How long have you been using a HAES approach?

I was first exposed to HAES in my 2nd dietetic internship placement in October 2007 at the Women's Health Clinic in Winnipeg, my current workplace, where they have been working with the HAES approach for over 20 years. I kept in contact with my preceptor from WHC to support me to work with the HAES approach in rural Manitoba where I took my first jobs. I worked in three different rural communities before working at WHC and at each place, I presented on HAES and tried to share the messages/research as I learned myself. I have worked at WHC for over 4 years now and get to work alongside an amazing woman, dietitian and mentor, Ann McConkey.

How did you come to critical dietetics?

I can't recall the "moment" but since I am connecting with a variety of dietetic networks, I heard about Jacqui Gingras's book- *Longing for recognition: The joys, contradictions and complexities of practicing dietetics*. Something in the description spoke to me and I bought a copy for myself and a copy for WHC. I read it and found myself feeling a mix of emotions-excitement to find others feeling similar things and feeling a new sense of community within dietetics but also anger that I wasn't taught these things in my undergrad and for the struggles that dietitians are still experiencing. Then I was excited that Jacqui and other Critical Dietetics founders were going to be speaking at the 2009 Dietitians of Canada Annual Conference in Montreal, Quebec which

I was able to attend. I was able to meet Jacqui Gingras, Lucy Aphramor and learn more about the Critical Dietetics movement.

Does the critical dietetics framework help or provide a basis for you advocacy?

Critical Dietetics inspires me to speak out and challenge the status quo, oppression and injustice within and outside of our profession. As difficult as this sometimes is, I'm always inspired when changes result.

Can you tell us about your successes for this past year?

At the Dietitians of Canada National Conference in June 2013, I was asked to be interviewed for Canadian Living, a popular Canadian Magazine about mindful eating. I was able to share some of the HAES approach for this national publication. Locally, instead of the typical "holiday weight gain" article, I volunteered to write a HAES friendly piece about holiday eating which led to a local TV spot that got lots of attention. Most recently, in November 2013, I was nominated for a Future Leaders of Manitoba Award for my work with professional work at Women's Health Clinic, my volunteerism with the Manitoba Association of Home Economists and my advocacy to promote HAES for all Manitobans. I was chosen as a top nine finalist and then on January 23, 2014 was chosen as a winner for my age category. It was an amazing honour and I was so pleased to be able to highlight HAES through this experience.

Do you have a client success story that stand out as being attributed to HAES and Critical Dietetics? And would you have achieved this without this framework?

There have been so many client success stories that keep me going in this work—two examples are the number of clients who say this approach is so “freeing”—freeing to help them make the choices around food, eating and activity that are right for them and feeling better mind, body and spirit because of it. This year, more than ever, the amount of clients I saw post-holidays saying that their experience of the holidays and eating was the best yet is so inspiring. They were able to nourish themselves regularly throughout the holidays and eat the amount and types of foods that were best for them and didn’t feel awful—physically or emotionally. Finally, one specific story from doing group sessions was a woman who said that due to the classes, she was going to go back to the choir class she always loved but felt she couldn’t go to because of her size. This scenario would have never happened without the HAES approach!

Who’s work inspires you?

My mentor, colleague, office mate (our desks are beside each other) and friend, Ann McConkey.

Jacqui Gingras, Lucy Aphramor, Linda Bacon – amazing authors, advocates and speakers!

Julie Rochefort – a confident and inspiring young Canadian- I recommend her TED talk all the time (<https://www.youtube.com/watch?v=V9aQUWeu7ag>) and am continually inspired by her “Shift the Focus” campaign that was able to change the focus for Canadian “childhood obesity” policies.

What advice would you offer those new to this movement? What readings do you think would help them?

- You are not alone!
- Find community! Many others share the same thoughts and feelings and finding community through social media, being a member of the Association for Size Diversity and Health and the HAES RD email listserv has been invaluable to me.
- Reflections on Fat Acceptance: Lessons Learned from Privilege
- http://www.lindabacon.org/Bacon_ThinPrivilege080109.pdf
- Weight science: Evaluating the evidence for a paradigm shift
- <http://www.nutritionj.com/content/10/1/9>
- Intuitive Eating: Enjoy your food, Respect your body
- http://lindabacon.org/pdf/BaconMatz_Diabetes_EnjoyingFood.pdf