



NON-DIET APPROACH COURSE FOR STUDENTS

The Non-Diet Approach is the clinical application of the Health at Every Size® framework. This introductory course shows dietetics students the key areas important when using a weight neutral perspective in dietetic practice.

The learning outcomes for this course are:

- Identify the philosophical principles of Health at Every Size®
- Demonstrate knowledge of the key concepts of the Non-Diet Approach
- Reflect on your own weight bias and the impact that weight bias may have on dietetic clients
- Appreciate the current evidence for Non-Diet Approach practice



Self-paced

**Open Learning
platform**

**3-4 hours of core
content ,
8 hours with
extension materials**

**Certificate on
completion of
assessment**

FREE ENROLMENT

HEALTH, NOT DIETS

www.healthnotdiets.com

Workshops and training in
the Non-Diet Approach

Enquiries to Fiona Willer
Fiona@healthnotdiets.com
0413 248 123