

Linda Bacon, PhD

OVERVIEW

I am an internationally recognized authority on weight and health. A nutrition professor and researcher, I hold graduate degrees in physiology, psychology, and exercise metabolism, with a specialty in nutrition, have conducted federally funded studies on diet and health, and have published in top scientific journals. My advocacy for “Health at Every Size” has generated a large following on social media platforms and the international lecture circuit. I am quoted regularly in the popular media, with recent appearances in the New York Times, London Sunday Times, ABC Nightly News with Diane Sawyer, and magazines including Prevention, Glamour, Cooking Light, and National Geographic. Well known for my political and social commentary, I write a regular “expert” column for the Huffington Post. My book, *Health at Every Size: The Surprising Truth About Your Weight*, called the “Bible” of the alternative health movement by Prevention Magazine, ranks consistently high in Amazon’s health titles. My latest Nutrition Journal article ranks as “most-highly accessed” and has been widely discussed.

EDUCATION

Ph.D.	Physiology, University of California, Davis	2001
M.A.	Exercise Science, San Francisco State University	1998
M.A.	Psychotherapy, Naropa Institute	1987
B.A.	Liberal Arts, Wesleyan University	1985

CURRENT EMPLOYMENT

Nutrition Professor	City College of San Francisco	2001 to present
Consultant/Writer/Speaker	Private Practice, San Francisco	1998-present
Associate Nutritionist	University of California, Davis	1999 to 2011, 2012-present

PREVIOUS EMPLOYMENT

Chief Executive Officer	Medical Ease, Inc.	1989-1995
Psychotherapist	Boulder Memorial Hospital Eating Disorders Program	1986-1987
Psychotherapist	Boulder Valley Women’s Health Center	1985-1987

PEER-REVIEWED SCIENTIFIC PUBLICATIONS (SELECTED SAMPLING)

- Bacon, L, Aphramor L. Weight Science: Evaluating the Evidence for a Paradigm Shift. *Nutrition Journal*, 2011, 10:9.
- Bacon, L, End the War on Obesity: Make Peace With Your Patients. *Medscape General Medicine*. 2006;8(4):40.
- Bacon, L, Author's Reply to "Readers Respond to "End the War on Obesity: Make Peace With Your Patients." *Medscape General Medicine*. 2007;9(1):47.
- Bacon, L, VanLoan M., Stern J.S., Keim N. Size Acceptance and Intuitive Eating Improves Health for Obese Female Chronic Dieters. *Journal of American Dietetic Association*. 2005;105:929-936.
- Bacon L, VanLoan M , Stern J.S., Keim N. Low Bone Mass in Premenopausal Chronic Dieting Obese Women. *European Journal of Clinical Nutrition*. 2004; 58, 966-971.
- Bacon, L., Keim N.L., Van Loan M.D., Derricote M., Gale B., Kazaks A., and Stern J.S., Evaluating a “Non-diet” Wellness Intervention for Improvement of Metabolic Fitness, Psychological Well-Being and Eating and Activity Behaviors. *International Journal of Obesity*, 2002; 26(6), 854-865.

LAY PUBLICATIONS (SELECTED SAMPLING)

- Bacon, L., *Health at Every Size: The Surprising Truth About Your Weight*, BenBella Books, 2010.
- Bacon, L. and Matz, J., *Intuitive Eating: Enjoy Your Food, Respect Your Body*, Diabetes Self-Management Magazine, Nov/Dec, 2010.
- Ongoing “expert’s” columns in Huffington Post and the Association for Size Diversity and Health Blog.

Additional information and links can be found at www.LindaBacon.org.
Contact: linda@lindabacon.org