

## Operation Transformation Motion

### **CN Notes:**

Operation Transformation is a weight loss TV show aired by RTE and sponsored by the Department of Health under the 'Healthy Ireland' Campaign. It has been estimated that RTE received over €500,000 over a two-year period. Operation Transformation say that their aim is to promote a healthy lifestyle for participants and viewers but, is an entertainment show that promotes unsustainable weight loss, encourages disordered eating behaviours and cultivates weight stigma.

### **CN Further Notes:**

National eating disorder organisation 'Bodywhys' noted in their statement regarding Operation Transformation that fact that hospital admissions for young people with eating disorders have risen by 66% and that shows like Operation Transformation can have a detrimental effect on mental and physical health.

It is also well known that many students are young people who may be vulnerable to the messages that are promoted by these weight loss tv shows. The emphasis on dieting, body weight and shape does little to long lasting weight loss and health goals.

### **CN Recognises:**

Bodywhys and grassroots activists like intuitive.eating.ireland and binge.eating.dietitian have campaigned and petitioned RTE and the Department of Health in recent times to decommission the show or offer a more inclusive approach to the show, changing the focus from weight loss to a more holistic view to lifestyle changes.

### **CN Regrets:**

RTE, the producers of Operation Transformation and the Department of Health have done little to engage with the campaign. RTE has effectively ignored the experiences of previous participants who shared stories of the lack of support during the airing of episodes and aftercare.

Research shows that dieting does not result in long term weight loss for the vast majority of people. Operation Transformation does not provide follow-up studies to monitor long term success in its participants.

### **CN Therefore Mandates:**

The VP Welfare and VP Campaigns to include information on Operation Transformation during the already mandated Eating Disorder Campaign.

The VP Equality and Citizenship and VP Welfare to issue a public statement to RTE and The Minister for Health to address previous concerns and CN concerns regarding the impact Operation Transformation has on students and the viewing public.

The regional officers; VP Dublin, VP South, VP BMW to discourage Member Organizations from promoting Operation Transformation on their campuses.

*Proposed by: TUDSU (Deputy President Blanchardstown)*