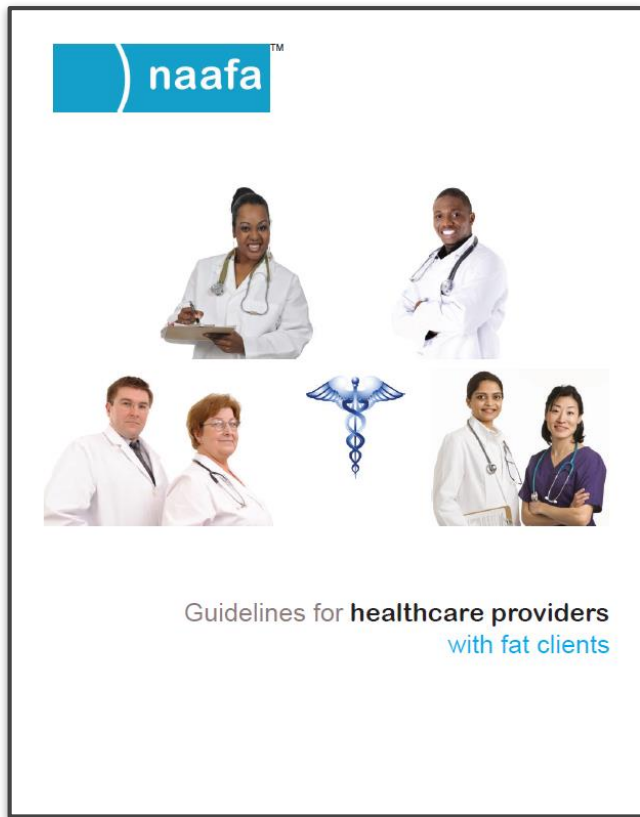


Why Weight?

Improving the health of
LGBTQIA+ patients by
reducing weight stigma

Resource Packet

Resources for Reducing Weight Stigma in Clinical Settings



- National Association to Advance Fat Acceptance (NAAFA) Guidelines for Healthcare Professionals
<https://naafa.org/brocheng1>
- Association for Size Diversity and Health (ASDAH)
<https://asdah.org/>
- Exercise to examine our own unconscious biases: Harvard IAT
<http://implicit.harvard.edu>

Taking Action to End Weight Discrimination

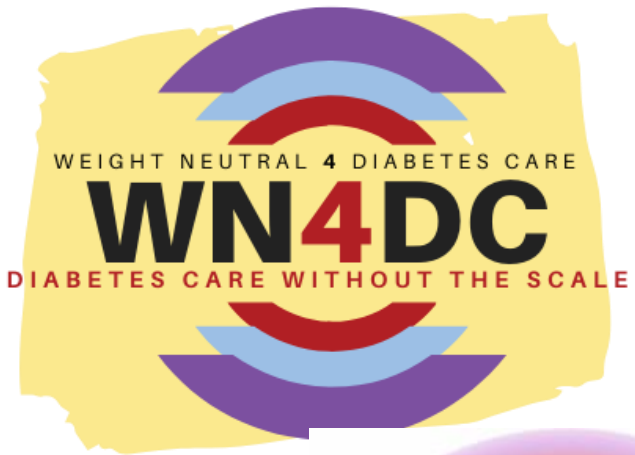
- NAAFA campaign to support inclusion of protections for body weight/size in anti-discrimination law <https://naafa.org/eaes>
- STRIPED Advocacy Playbook <https://www.hsph.harvard.edu/striped/welcome-to-the-striped-advocacy-playbook/>



Additional Learning Opportunities

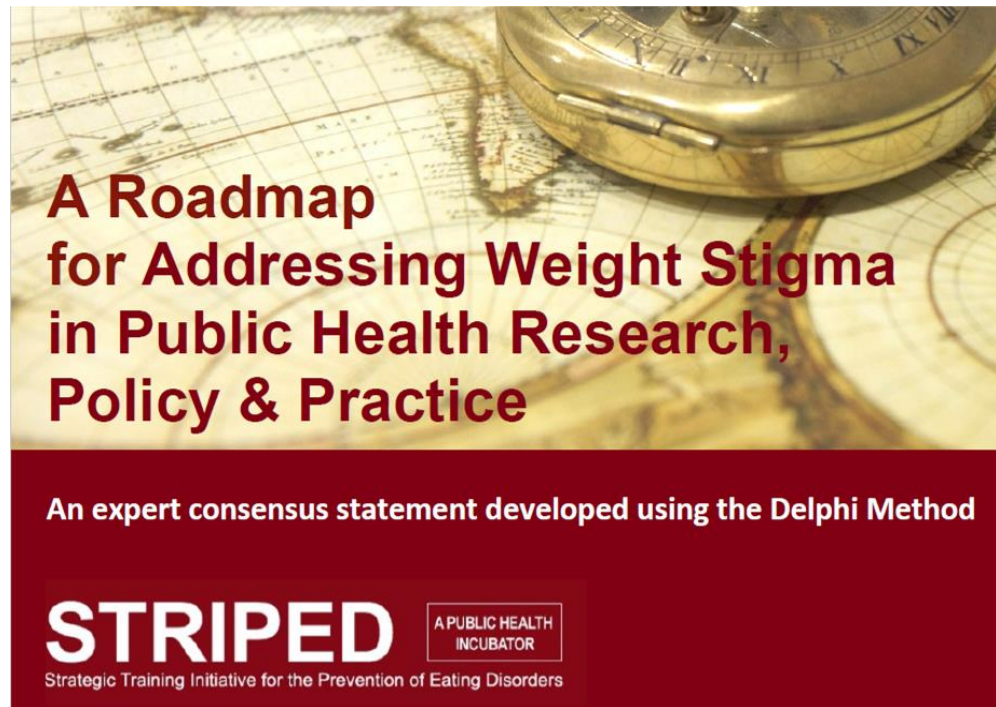


Weight Inclusive Nutrition & Dietetics



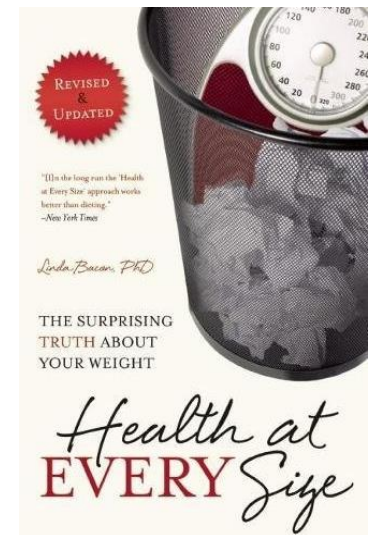
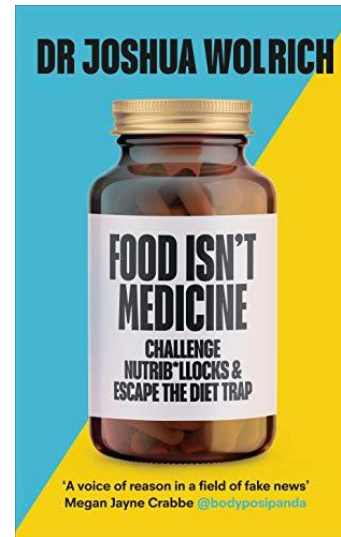
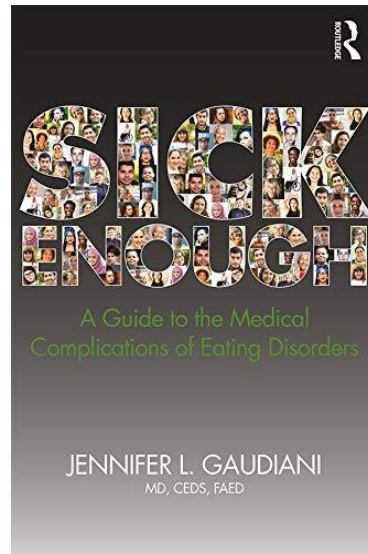
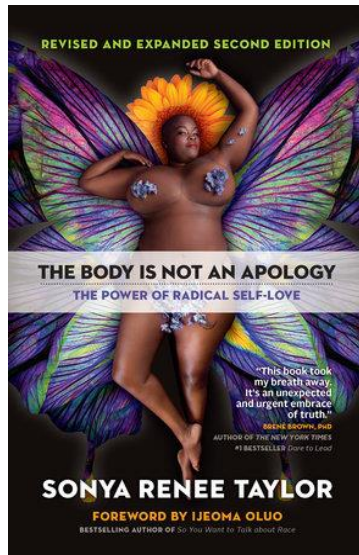
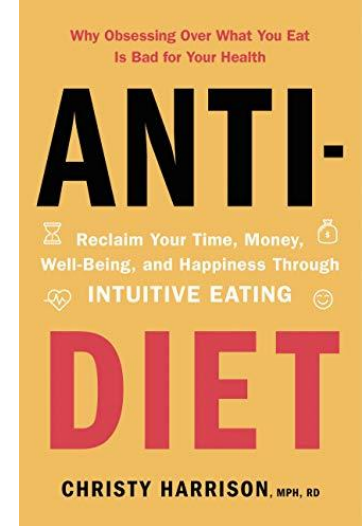
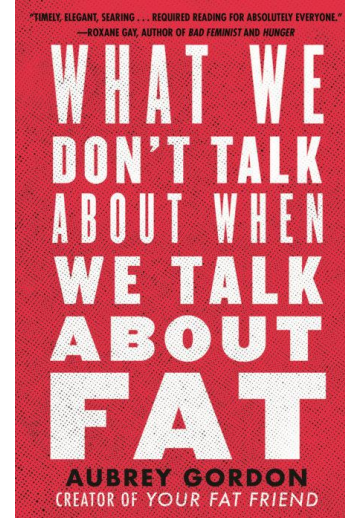
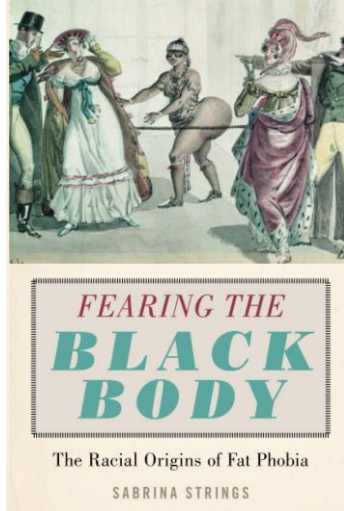
Resources: Health Research, Policy, Practice

- Expert consensus guidelines from a public health lens



<https://www.hsph.harvard.edu/striped/striped-roadmap-for-addressing-weight-stigma-in-public-health-research-policy-and-practice/>

Resources for a Deeper Dive: Books



Instagram

Diabetes Focused:

@everything_endocrine
@wn4dc_symposium
@erinphillipsnutrition
@gestationdietitian

Medical Focused:

@fatdoctoruk
@haes_studentdoctor
@drjoshuawolrich
@drlesleyw
@mosaiccomprehensivecare

Dietitians/Nutrition Focused:

@dietitiananna
@thenutritiontea
@marcird
@bodypositive_dietitian
@whitneytrotter.rd
@encouragingdietitian
@rds_for_neurodiversity
@meghancichyrdn
@fionawiller
@thethicknutritionist
@your.latina.nutritionist

Public Health Focused:

@fatmarquisele
@fattymp
@harvardstriped
@thefoodsystemsnutritionist

Eating Disorder Focused:

@recoverwithmeda
@gaudianiclinic
@intersectionalrecovery
@healingcrayons
@edrdpro
@nalgona positivitypride
@benourishedpdx
@ampleandrooted
@drcolleenreichmann
@thefriendineverwanted
@blackandembodied

LGBTQIA+ Focused:

@fedupcollective
@resilientfatgoddex
@allgendernutrition
@heydrsand
@plussizetransguy
@comfyfattravels

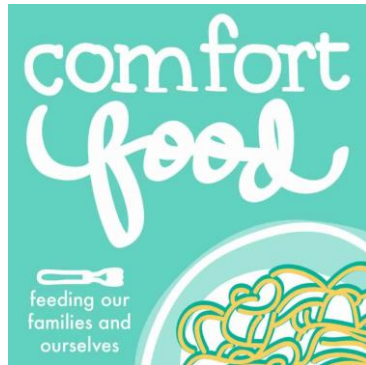
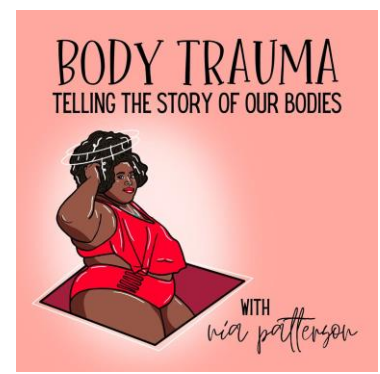
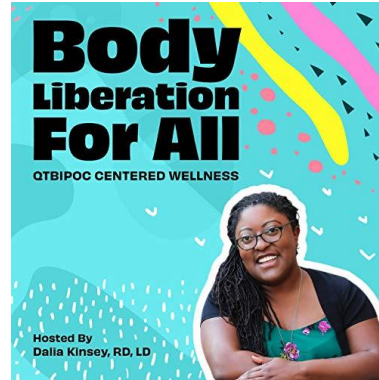
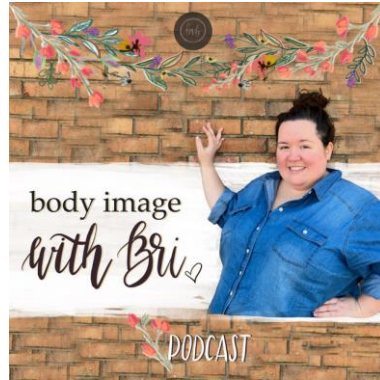
Movement Focused:

@letsjoyn
@jabbieapp
@fatgirlshiking
@decolonizingfitness
@fringeish
@autonomyyv
@meg.boggs
@queermvmt
@amplemovement
@mynameisjessamyn
@tiffanycroww
@prettybigmovement

Fat Liberation Focused:

@ragenchastain
@yrfatfriend
@drrachelmillner
@bodyliberationwithlindley
@madeonagenerousplan
@chairbreaker
@dashaunlh
@the_bodylib_advocate
@bodyimage_therapist
@theeverymanproject

Podcasts



Reading List

[Social Relationships and Mortality Risk: A Meta-analytic Review](#)

[The Weight-Inclusive versus Weight-Normative Approach to Health: Evaluating the Evidence for Prioritizing Well-Being Over Weight Loss](#)

[The Bizarre and Racist History of the BMI](#)

[Healthy Lifestyle Habits and Mortality in Overweight and Obese Individuals](#)

[An Evidence-Based Rationale for Adopting Weight-Inclusive Health Policy](#)

[Measurement and construct validity of the Eating Disorder Examination Questionnaire Short Form in a transgender and gender diverse community sample](#)

[Gender affirming mastectomy in transmasculine patients: Does obesity increase complications or revisions?](#)

[Results of an Online Survey about Food Insecurity and Eating Disorder Behaviors Administered to a Sample of Self-Described LGBTQ+ Young Adults Aged 18 to 35 Years](#)

[Weight Science: Evaluating the Evidence for a Paradigm Shift](#)

[Not All Fat Black Boys Know How to Eat](#)

[I Think Therefore I Am: Perceived Ideal Weight as a Determinant of Health](#)

[Joint international consensus statement for ending stigma of obesity](#)

[A Review of Interventions that Promote Eating by Internal Cues](#)

Weight Inclusive Referrals

Find a HAES provider near you:



ASSOCIATION FOR SIZE DIVERSITY AND HEALTH

<https://www.sizediversityandhealth.org/haes-professional/>



HEALTH AT EVERY SIZE

<https://haescommunity.com/search/>



<https://www.joyn.co/>

jabbie
Never Workout Alone



<http://jabbieapp.com/>

Support Groups for Patients

[Diabulimia Support Group on Facebook](#)

[LGBTQIA+ Support Group on Facebook \(via FEDUP\)](#)

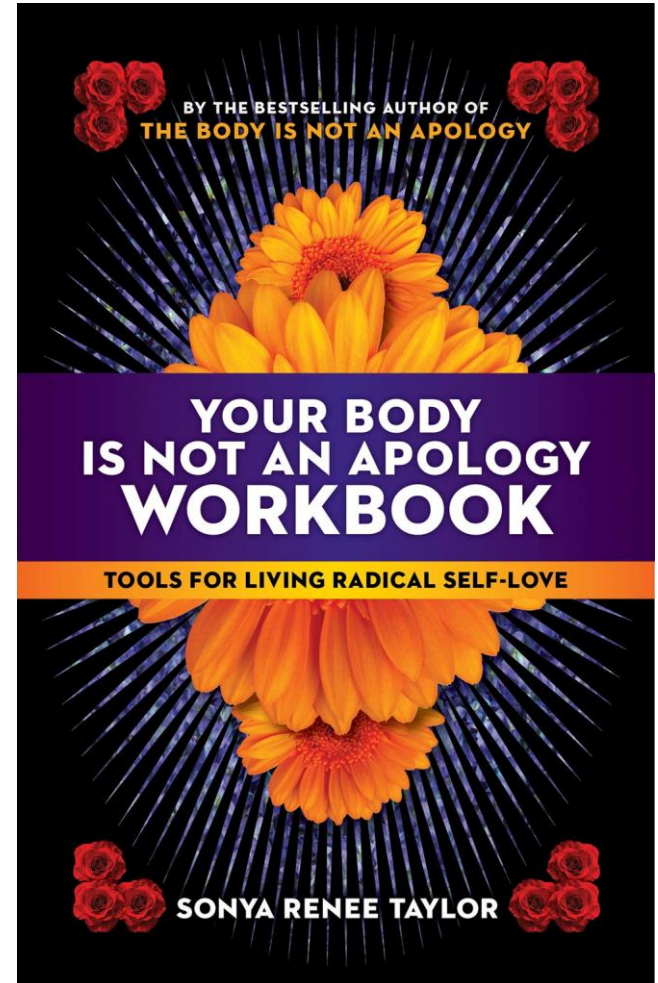
[Eating Disorder Foundation Free Support Groups](#)

[Free Online Peer Support Group for BIPOC Struggling with Food and Body Image Issues](#)

[Free Online Peer Support Group for Black Folks Struggling with Food and Body Image Issues](#)

[Sliding Scale Virtual Support Groups:](#)

- Queer Peer ED Support Group
- General ED Support Group
- BIPOC ED Support Group
- Bodies of Size Support Group



Let's Stay Connected!

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School of Public Health



Boston Children's Hospital
Until every child is well™



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