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/brochgen1

- 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](https://naafa.org/eaes)

Additional Learning Opportunities

- Association for Size Diversity and Health (ASDAH)
- HAES Health Sheets
- Naafa
- Wind
- Weight Inclusive Nutrition & Dietetics
- Weight Neutral 4 Diabetes Care (WN4DC)
- FEUDP
- EDRDPRO
- Gaudianzi Clinic
- Diabulmia Helpline
- Expert Medical Care for Eating Disorders
Resources: Health Research, Policy, Practice

- Expert consensus guidelines from a public health lens

Resources for a Deeper Dive: Books

- Fearing the Black Body
  The Racial Origins of Fat Phobia
  Sabrina Strings

- Belly of the Beast
  The Politics of Anti-Fatness as Anti-Blackness
  DaShawn L. Harrison

- What We Don’t Talk About When We Talk About Fat
  Aubrey Gordon
  Creator of Your Fat Friend

- Anti-Diet
  Reclaim Your Time, Money, Well-Being, and Happiness Through Intuitive Eating
  Christy Harrison, MPH, RD

- Sick Enough
  A Guide to the Medical Complications of Eating Disorders
  Jennifer L. Gaudiani

- Food Isn't Medicine
  Challenge Nutrié“Locks & Escape the Diet Trap

- Health at Every Size
  "A voice of reason in a field of fake news"
  Megan Jayne Crabbe @jennympopurrino
Instagram

Diabetes Focused:
@everything_endocrine
@wn4dc_symposium
@erinphillipsnutrition
@gestationdietitian

Public Health Focused:
@fatmarquisele
@fattymph
@harvardstriped
@thefoodsystemsnutritionist

Movement Focused:
@letsjoyn
@jabbieapp
@fatgirlshiking
@decolonizingfitness
@fringeish
@autonomyyyvr
@meg.boggs
@queermvmt
@amplemvmt
@mynameisjessamyn
@tiffanycroww
@prettybignovement

Eating Disorder Focused:
@recoverwithmeda
@gaudianicclinic
@intersectionalrecovery
@healingcrayons
@edrdpro
@nalgonapositivitypride
@benourishedpdx
@ampleandrooted
@drcolleenreichmann
@thefriendineverwanted
@blackandembodied

Medical Focused:
@fatdoctoruk
@haes_studentdoctor
@drjoshuawolrich
@driesleyw
@mosaiccomprehensivecare

Dietitians/Nutrition Focused:
@dietitiananna
@thenutritiontea
@marcird
@bodypositive_dietitian
@whitneytrotter.rd
@encouragingdietitian
@rds_for_neurodiversity
@meghancichyrdn
@fionawiller
@thethicknutritionist
@your.latina.nutritionist

Fat Liberation Focused:
@ragenchastain
@yrfatfriend
@drrachelmillner
@bodyliberationwithlindley
@madeonagenerousplan
@chairbreaker
@dashaunlh
@the_bodylib_advocate
@bodyimage_therapist
@theeverymanproject

LGBTQIA+ Focused:
@fedupcollective
@resilientfatgoddex
@allgendernutrition
@heydrsand
@plussizetransguy
@comfyfattravels

Growth Focused:
@nalgona
@bodypositive_dietitian
@whitneytrotter
@encouragingdietitian
@rds_for_neurodiversity
@meghancichyrdn
@fionawiller
@thethicknutritionist
@your.latina.nutritionist
Podcasts

Maintenance Phase

Body Liberation For All

Body Trauma Telling the Story of Our Bodies

Comfort Food

Hearing Our Own Voice

Intuitive Eating For the Culture

My Black Body Podcast

The Full Bloom Podcast

Willing to Be Wrong

Food Psych Podcast
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:

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

https://www.joyn.co/

https://haescommunity.com/search/

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!

Jamie Dannenberg
@thirdwheeled
@mwnutr

www.thirdwheeled.com
www.metrowestnutrition.com

Email: jamiemetrowestnutrition.com

Allegra Gordon
Email: allegrag@bu.edu

BU School of Public Health
Boston Children's Hospital
Harvard Medical School