

KMA Weight Stigma Resources

Learning More about Weight Stigma

- Books
 - “*You Just need to Lose Weight*” and *19 Other Myths about Fat People* by Aubrey Gordon
 - *What We Don’t Talk about when We Talk about Fat* by Aubrey Gordon
 - *Belly of the Beast: The Politics of Anti-Fatness as Anti-Blackness* by Da’Shaun L. Harrison
- Journal Articles
 - Puhl, R. M., & Heuer, C. A. (2009). The stigma of obesity: A review and update. *Obesity*, 17(5), 941. <https://doi.org/10.1038/oby.2008.636>
 - Wu, Y. K., & Berry, D. C. (2018). Impact of weight stigma on physiological and psychological health outcomes for overweight and obese adults: A systematic review. *Journal of Advanced Nursing*, 74(5), 1030-1042. <https://doi.org/10.1111/jan.13511>

What can you do Today?

- Advocate for more **inclusive furniture and equipment** in your work/clinical space
- Request **trainings** for your team/department on how to modify your space to be more weight-inclusive
- Learn about **Medical Students for Size Inclusivity** (<https://sizeinclusivemedicine.org/>)
- **Practice using more weight-inclusive terms** like “individuals in larger bodies,” “higher weight people,” and “fat”
- **Commit to listening** to/validating stories of weight stigma without trying to explain away someone’s “good intentions”
- **Start reading** one of the recommended books or articles about weight stigma
- **Explore fat advocacy groups** like the Association for Size Diversity and Health (<https://asdah.org>) and National Association to Advance Fat Acceptance (<https://naafa.org>)
- **Sign the petition** for Size Freedom at <https://naafa.org/sizefreedom>
- **Contact your legislator** to urge them to pass legislation to end size discrimination
- **Diversify your social media** feed: @yrfatfriend @heysharonmaxwell @jervae @lvernon2000