

Fat Studies Resources

Books:

- Bacon, Linda. *Health At Every Size: The Surprising Truth About Your Weight*. Texas: BenBella Books, 2010.
- Bacon, Linda, and Lucy Aphramor. *Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weight*. Dallas, TX: BenBella Books, 2014.
- Braziel, Jana Evans and Kathleen LeBesco, ed. *Bodies out of Bounds: Fatness and Transgression*. California: University of California Press, 2001.
- Cooper, Charlotte. *Fat Activism: A Radical Social Movement*. Bristol: HammerOn Press, 2016.
- Rothblum, Esther and Sondra Solovay, ed. *The Fat Studies Reader*. New York: NYU Press, 2009.
- Wann, Marilyn. *FAT!SO? Because You Don't Have to Apologize for Your Size*. New York: Ten Speed Press, 1998.

Websites:

- <http://fatfriendlydocs.com/>
- <https://kateharding.net/>
- <http://www.fatso.com/>
- <http://obesitytimebomb.blogspot.com/>
- <https://medium.com/@thefatshadow>
- <https://bigfatscience.tumblr.com/>
- <http://www.fatnutritionist.com/>
- <https://www.sizediversityandhealth.org/>
- <http://www.naafa.org/>
- <https://www.kickstarter.com/projects/canweallgo/allgo-an-accessibility-app-for-plus-size-people>

Workshop Texts

- Thompson, Edward. "A morbidly obese patient tests the limits of a doctor's compassion." *Washington Post*, Feb. 24, 2014.
- DasGupta, Sayantani. "The Shame of Fat-Shaming." <http://theweeklings.com/sdasgupta/2014/03/20/a-doctors-fat-fantasy/>
- Hill, Elle. "Morning Meeting." <http://ellehillauthor.blogspot.com/2016/08/poem-morning-meeting.html>.
- Peterson, Samantha. "Dead Men Can't Catcall." 2014 College Unions Poetry Slam Invitational.
- Gay, Roxane. *Hunger: A Memoir of Body*. New York: HarperCollins, 2017.
- <http://nonafaustine.virb.com/>

Weight and Medicine

Fatphobic attitudes and behaviors:

- Decreased desire to care for fat patients¹
- Strong implicit and explicit anti-fat attitudes²
- Higher BMI significantly associated with less respect³
- Medical students' negative stereotypes mirror those of physicians⁴

Impacts on health:

- Delayed care due to fear of judgment and intolerance⁵
- Less likely to receive gynecological screening⁶
- Weight stigma associated with higher cortisol and oxidative stress⁷
- Depression among bariatric patients⁸

1. Hebl, M. R., & Xu, J. (2001). *Journal of the International Association for the Study of Obesity*, 25(8), 1246-1252.
2. Sabin, J. A., et al. (2012). *PloS One*, 7(11), e48448.
3. Huizinga, M. M., et al. (2009). *Journal of General Internal Medicine*, 24(11), 1236-1239
4. Miller, D. P., Jr, et al. (2013). *Academic Medicine*, 88(7), 978-982
5. Drury, C. A., & Louis, M. (2002). *Journal of the American Academy of Nurse Practitioners*, 14(12), 554-561.
6. Fontaine, K. R., et al. (1998). *Archives of Family Medicine*, 7(4), 381-384.
7. Tomiyama, A. J., et al. (2014). *Health Psychology, American Psychological Association*, 33(8), 862-867.
8. Fettich, K. C., & Chen, E. Y. (2012). *Obesity (Silver Spring, Md.)*, 20(5), 1118-1121.

Increased fat does not always correlate with poor health:

- Ortega, F.B., et al. "The intriguing metabolically healthy but obese phenotype: cardiovascular prognosis and role of fitness." *European Heart Journal* 34, no. 5, (2013): 389-397.
- Sui, X., et al. "Cardiorespiratory Fitness and Adiposity as Mortality Predictors in Older Adults." *JAMA : The Journal of the American Medical Association* 298, no. 21 (2007): 2507-2516.
 - "Fitness is a significant mortality predictor in older adults independent of overall or abdominal adiposity. Practitioners should consider the importance of preserving functional capacity, by recommending regular physical activity for older individuals, normal weight and overweight alike."
- Janssen I., et al. "Body mass index is inversely related to mortality in older people after adjustment for waist circumference." *J Am Geriatr Soc* 53, no. 12 (2005): 2112-8.

Adiposity as potential protective factor:

- Qizilbash, N., et al. "BMI and risk of dementia in two million people over two decades: a retrospective cohort study." *The Lancet Diabetes & Endocrinology* 3, no. 6 (2015): 431-436.
 - "Being underweight in middle age and old age carries an increased risk of dementia over two decades. Our results contradict the hypothesis that obesity in middle age could increase the risk of dementia."
- Carnethon, M.R., et al. "Association of Weight Status with Mortality in Adults with Incident Diabetes." *JAMA* 308, no. 6 (2012): 581-590.

Harms of dieting and weight loss:

- Neumark-Sztainer, D., et al. "Obesity, Disordered Eating, and Eating Disorders in a Longitudinal Study of Adolescents: How Do Dieters Fare 5 Years Later?" *Journal of the American Dietetic Association* 106, no. 4 (2006): 559-568.
 - "Dieting and unhealthy weight-control behaviors predict outcomes related to obesity and eating disorders 5 years later. A shift away from dieting and drastic weight-control measures toward the long-term implementation of healthful eating and physical activity behaviors is needed to prevent obesity and eating disorders in adolescents."
- Berge, J.M., et al. "Intergenerational Transmission of Parent Encouragement to Diet From Adolescence Into Adulthood." *Pediatrics* 141, no. 4 (2018).

Public health perspectives:

- Abu-Odeh, D. "Fat Stigma and Public Health: A Theoretical Framework and Ethical Analysis." *Kennedy Institute of Ethics Journal* 24, no. 3, (2014): 247-265.
- Campos, P., et al. "The epidemiology of overweight and obesity: public health crisis or moral panic?" *International Journal of Epidemiology* 35 (2006): 55-60.
- Lainscak, M., et al. "The obesity paradox in chronic disease: facts and numbers." *J Cachexia Sarcopenia Muscle* 3 (2012):1-4.
- Hatzenbuehler, M.L., et al. "Stigma as a Fundamental Cause of Population Health Inequalities." *American Journal of Public Health* 103, no. 5 (2013): 813-821.
- Lee, Jennifer A., and Cat J. Pausé. "Stigma in Practice: Barriers to Health for Fat Women." *Frontiers in Psychology* 7 (December 30, 2016).