

Module 2: Addressing Provider Concerns

Resource List

Learn More

WithAll's What to Say:

www.withall.org/resources

What to Say is WithAll's eating disorder prevention initiative. At WithAll.org, you will find blog posts, Q&A videos, and downloadable resources to learn more about promoting kids' body image and relationship with food for parents and caregivers, coaches and healthcare providers.

National Center of Excellence for Eating Disorders (NCEED):

www.nceedus.org

NCEED is a national organization providing resources for healthcare providers, individuals, and families to learn more about eating disorders. NCEED offers an eating disorders screening tool as well as a training for healthcare providers.

Motivational Interviewing Network of Trainers (MINT)

MotivationalInterviewing.org

MINT is an international organization for trainers of motivational interviewing. Motivational interviewing is a person-centered communication technique used to enhance commitment to change. This is an excellent tool for promoting meaningful interactions with patients.

Related Research & Articles

Alberga, A. S., Edache, I. Y., Forhan, M., & Russell-Mayhew, S. (2019). Weight bias and health care utilization: a scoping review. *Primary Health Care Research & Development*, 20, e116. <https://doi.org/10.1017%2FS1463423619000227>

Damiano, S. R., Gregg, K. J., Spiel, E. C., McLean, S. A., Wertheim, E. H., & Paxton, S. J. (2015). Relationships between body size attitudes and body image of 4-year-old boys and girls, and attitudes of their fathers and mothers. *Journal of Eating Disorders*, 3(16), 1-10. <https://doi.org/10.1186/s40337-015-0048-0>

Goldschmidt, A. B., Wall, M. M., Choo, T.-H. J., Evans, E. W., Jelalian, E., Larson, N., & Neumark-Sztainer, D. (2018). Fifteen-year weight and disordered eating patterns among community-based adolescents. *American Journal of Preventive Medicine*, 54(1), e21-e29. <https://doi.org/10.1016/j.amepre.2017.09.005>

Himmelstein, M. S., Puhl, R. M., & Quinn, D. M. (2018). Weight stigma and health: The mediating role of coping responses. *Health Psychology*, 37(2), 139-147. <https://doi.org/10.1037/hea0000575>

WHAT to SAY
Healthcare

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www.withall.org

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Related Research & Articles

- Hunger, J. M., Dodd, D. R., & Smith, A. R. (2020b). Weight discrimination, anticipated weight stigma, and disordered eating. *Eating Behaviors*, 37, 1-5. <https://doi.org/10.1016/j.eatbeh.2020.101383>
- Laidlaw, A., Napier, C., Neville, F., Collinson, A., & Cecil, J. E. (2019). Talking about weight talk: primary care practitioner knowledge, attitudes and practice. *Journal of Communication in Health Care*, 12(3), 145-153. <https://doi.org/10.1080/17538068.2019.1646061>
- Lawrence, B. J., Kerr, D., Pollard, C. M., Theophilus, M., Alexander, E., Haywood, D., & O'Connor, M. (2021). Weight bias among health care professionals: A systematic review and meta-analysis. *Obesity*, 29(11), 1802-1812. <https://doi.org/10.1002/oby.23266>
- Lawrence, S. E., Lessard, L. M., Puhl, R. M., Foster, G. D., & Cardel, M. I. (2023). "Look beyond the weight and accept me": Adolescent perspectives on parental weight communication. *Body Image*, 45, 11-19. <https://doi.org/10.1016/j.bodyim.2023.01.006>
- Lin, J. A., Jhe, G., Adhikari, R., Vitagliano, J. A., Rose, K. L., Freizinger, M., & Richmond, T. K. (2023). Triggers for eating disorder onset in youth with anorexia nervosa across the weight spectrum. *Eating Disorders*, <https://doi.org/10.1080/10640266.2023.2201988>
- Najjar, R. H., Jacob, E., & Evangelista, L. (2018). Eating behaviors, weight bias, and psychological functioning in multi-ethnic low-income adolescents. *Journal of Pediatric Nursing*, 38, 81-87. <https://doi.org/10.1016/j.pedn.2017.11.008>
- Puhl, R. M., Lessard, L. M., Foster, G. D., & Cardel, M. I. (2022). Patient and family perspectives on terms for obesity. *Pediatrics*, 150(6), e2022058204. <https://doi.org/10.1542/peds.2022-058204>
- Ramos Salas, X., Alberga, A. S., Cameron, E., Estey, L., Forhan, M., Kirk, S. F. L., Russell-Mayhew, S., & Sharma, A. M. (2017). Addressing weight bias and discrimination: moving beyond raising awareness to creating change. *Obesity*, 18(11), 1323-1335. <https://doi.org/10.1111/obr.12592>
- Romano, K. A., Heron, K. E., & Henson, J. M. (2021). Examining associations among weight stigma, weight bias internalization, body dissatisfaction, and eating disorder symptoms: Does weight status matter? *Body Image*, 37, 38-49. <https://doi.org/10.1016/j.bodyim.2021.01.006>
- Seymour, J., Barnes, J. L., Schumacher, J., & Vollmer, R. L. (2018). A qualitative exploration of weight bias and quality of health care among health care professionals using hypothetical patient scenarios. *INQUIRY: The Journal of Health Care Organization, Provision, and Financing*, 55, 1-6. <https://doi.org/10.1177/0046958018774171>