

Module 4: Weight Stigma 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.

UConn Rudd Center for Food Policy & Health:

UConnRuddCenter.org/research/weight-bias-stigma

The UConn Rudd Center for Food Policy and Health has created several accessible resources related to weight stigma. The Rudd Center offers resources specific to healthcare providers, such as PDF pamphlets, further training, and links to additional resources.

Free to be Me: Self Love for All Sizes by Dr. Lesley Williams:

LesleyWilliamsMD.com

This book aims to promote and inspire self-confidence for young children. Author Lesley Williams, M.D., writes about self-love and hopes to help children feel comfortable in their bodies. This book empowers kids to feel free to be themselves, regardless of their body size.

National Eating Disorders Association, "Weight Stigma":

www.NationalEatingDisorders.org/weight-stigma

This brief article provides an overview of weight stigma, describing its consequences and implications for the development of eating disorders. This article is a great resource for providers to use as a "quick reference point" on weight stigma.

American Psychological Association, "The Burden of Weight Stigma":

www.apa.org/monitor/2022/03/news-weight-stigma

This article expertly discusses weight stigma, specifically referencing its implications in healthcare settings. Providers can learn more about the effects of weight stigma as found in expert research and lived experiences.

Related Research & Articles

Brown, A., Flint, S. W., & Batterham, R. L. (2022). Pervasiveness, impact and implications of weight stigma. *eClinicalMedicine*, 47, <https://doi.org/10.1016/j.eclinm.2022.101408>

Chen, H., Ye, Y., & Guo, J. (2020). Impact of weight stigma on preadolescents' and adolescents' disordered eating behaviors: Testing two mediation models. *Social Behavior & Personality: an international journal*, 48(10), 1-15. <https://doi.org/10.2224/sbp.9392>



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Related Research & Articles

- Ciciurkaite, G. & Perry, B. L. (2018). Body weight, perceived weight stigma and mental health among women at the intersection of race/ethnicity and socioeconomic status: insights from the modified labeling approach. *Sociology of Health & Illness*, 40(1), 18-37. <https://doi.org/10.1111/1467-9566.12619>
- Emmer, C., Bosnjak, M., & Matta, J. (2019). The association between weight stigma and mental health: A meta-analysis. *Obesity Reviews*, 21(1), e12935. <https://doi.org/10.1111/obr.12935>
- Hooper, L., Puhl, R., Eisenberg, M. E., Berge, J. M., & Neumark-Sztainer, D. (2023). Can family and parenting factors modify the impact of weight stigma on disordered eating in young people? A population-based longitudinal study. *Journal of Adolescent Health*, 23. <https://doi.org/10.1016/j.jadohealth.2023.01.024>
- Hooper, L., Puhl, R., Eisenberg, M.E., Crow, S., & Neumark-Sztainer, D. (2021). Weight teasing experienced during adolescence and young adulthood: Cross-sectional and longitudinal associations with disordered eating behaviors in an ethnically/racially and socioeconomically diverse sample. *International Journal of Eating Disorders*, 54(8), 1449-1462. <https://doi.org/10.1002/eat.23534>
- 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>
- Lawrence, S. E., Puhl, R. M., Schwartz, M. B., Watson, R. J., & Foster, G. D. (2022). "The most hurtful thing I've ever experienced": A qualitative examination of the nature of experiences of weight stigma by family members. *Qualitative Research in Health*, 2, 100073. <https://doi.org/10.1016/j.ssmqr.2022.100073>
- Major, B., Eliezer, D., & Rieck, H. (2012). The psychological weight of weight stigma. *Social Psychological and Personality Science*, 3(6), 651-658. <https://doi.org/10.1177/1948550611434400>
- Mensinger, J. L., Tylka, T. L., & Calamri, M. E. (2018). Mechanisms underlying weight status and healthcare avoidance in women: A study of weight stigma, body-related shame and guilt, and healthcare stress. *Body Image*, 25, 139-147. <https://doi.org/10.1016/j.bodyim.2018.03.001>
- Tomiyama, A. J., Carr, D., Granberg, E. M., Major, B., Robinson, E., Sutin, A. R., & Brewis, A. (2018). How and why weight stigma drives the obesity 'epidemic' and harms health. *BMC Medicine*, 16(123). <https://doi.org/10.1186/s12916-018-1116-5>
- Vartanian, L. R. & Porter, A. M. (2016). Weight stigma and eating behavior: A review of the literature. *Appetite*, 102, 3-14. <https://doi.org/10.1016/j.appet.2016.01.034>
- Neville H. Golden, M.D., FAAP (2016). How to prevent obesity without encouraging eating disorders. *American Academy of Pediatrics*. <https://publications.aap.org/aapnews/news/11111/How-to-prevent-obesity-without-encouraging-eating>

