Weight Stigma Resources

Introductory Reading List for Providers

NAAFA Guidelines (for: Healthcare Providers, Nutritionists/Dietitians, Fitness Professionals, and Therapists)
https://www.naafaonline.com/dev2/about/brochures.html

Fat Studies: An Interdisciplinary Journal of Body Weight and Society
https://www.tandfonline.com/loi/ufts20


Organizations

Association for Size Diversity and Health
asdah.org

National Association to Advance Fat Acceptance
naafaonline.com

Council on Size and Weight Discrimination
cswd.org

Health at Every Size
haescurriculum.com
haescommunity.org
lindabacon.org

Be Nourished (Portland, OR)
benourshed.org

Rudd Center for Food Policy & Obesity
http://uconnruddcenter.org/weight-bias-stigma

The Body Positive
https://www.thebodypositive.org/
**Patient Resources**

Find a Health At Every Size® Expert Near You
https://www.sizediversityandhealth.org/content.asp?id=32
https://www.joseesovinskynutrition.com/find-a-haes-expert/

NOLOSE
*Nolose is a volunteer-run organization dedicated to ending the oppression of fat people and creating vibrant fat queer culture (including allies).*
http://nolose.org/

T-FFED: Trans Folx Fighting Eating Disorders
http://www.transfolxfightingeds.org/
https://www.facebook.com/groups/1472759929621399/

Fat Girls Hiking
https://fatgirlshiking.com/

PNW Fattitude
https://www.facebook.com/pnwfattitude/

Dances With Fat
https://danceswithfat.wordpress.com/blog/

Fat Activism Conference
https://fatactivismconference.com/

Virgie Tovar: Lose Hate Not Weight
https://www.virgietovar.com/

Marilynn Wann: Fat!So?
http://www.fatso.com/

Adios, Barbie: The One Stop Body Image Shop
www.adiosbarbie.com

Travel Tips for People of Size

*Fat: The Owner’s Manual*
Ragen Chastain

*Things No One Will Tell Fat Girls: A Handbook for Unapologetic Living*
Jes Baker
http://www.themilitantbaker.com/