

## 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>

Pont, S., Puhl, R., Cook, S., & Slusser, W. (2017). Stigma experienced by children and adolescents with obesity. *Pediatrics*, 140(6), December 2017, Vol.140(6). 267–272. DOI: [10.1542/peds.2017-3034](https://doi.org/10.1542/peds.2017-3034)

Puhl, R.M., & Brownell, K. (2001). Bias, discrimination, and obesity. *Obesity Research*, 9(12), 788-805. DOI: [10.1038/oby.2001.108](https://doi.org/10.1038/oby.2001.108)

### **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](http://www.adiosbarbie.com)

Travel Tips for People of Size

[https://www.naafaonline.com/dev2/about/Brochures/NAAFA\\_Travel\\_tips\\_for\\_people\\_of\\_size\\_v3-15.pdf](https://www.naafaonline.com/dev2/about/Brochures/NAAFA_Travel_tips_for_people_of_size_v3-15.pdf)

*Fat: The Owner's Manual*

Ragen Chastain

<https://www.amazon.com/Fat-Owners-Manual-Ragen-Chastain/dp/0985667400>

*Things No One Will Tell Fat Girls: A Handbook for Unapologetic Living*

Jes Baker

<https://www.amazon.com/Things-One-Will-Tell-Girls/dp/1580055826>

<http://www.themilitantbaker.com/>