

Your Go-To Weight Stigma Resource List

Pennington Biomedical
Greaux
Healthy

Core Professional Resources

These respected organizations and publications offer research, clinical guidelines, and practical tools to help healthcare professionals address weight stigma in their practice.

- [UConn Rudd Center for Food Policy and Health](#): Weight bias and stigma research
- [The Obesity Society](#): Association for obesity research and treatment
- [Obesity Medicine Association](#): Resources for clinicians in obesity medicine
- [Obesity Action Coalition](#): Patient advocacy group with stigma-reduction initiatives
- [National Eating Disorder Association](#) (NEDA): Support for disordered eating and weight stigma
- [Massachusetts Medical Society](#): Weight bias resources



Patient Perspectives and Advocacy Voices

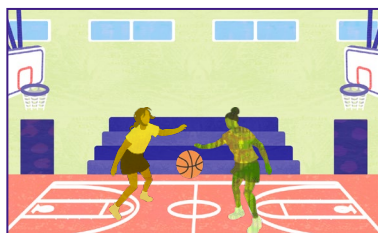
These resources highlight how weight stigma is experienced outside of clinical settings, offering valuable perspectives from patients, advocates, and communities.

• Books

- *What We Don't Talk about When We Talk about Fat* – Aubrey Gordon
- *The Body is Not an Apology* – Sonya Renee Taylor
- *Fearing the Black Body: The Racial Origins of Fat Phobia* – Sabrina Strings

• Podcasts (patient-centered)

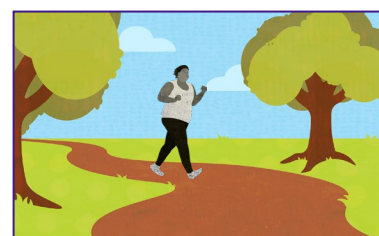
- What is Weight Stigma? with Dr. Rebecca Puhl
- Combatting Weight Bias with Dr. Rebecca Puhl & Kelly Brownell
- Documentaries
- Embodied



Body Diversity, Health, and Wellness Movements

These movements and resources promote inclusive approaches to health and wellness. While they may challenge traditional medical models, they are influential in shaping patient beliefs and behaviors.

- Health at Every Size (HAES) movement – ASDAH
- Maintenance Phase Podcast – Aubrey Gordon & Michael Hobbes



Community and Support Resources

These platforms and initiatives foster community, provide support, and amplify the voices of those affected by weight stigma.

- Fat Fridays Virtual Social Club hosted by National Association to Advance Fat Acceptance (NAAFA)
- Association for Size Diversity and Health (ASDAH) community events