# Weight Bias Resources

## Resources for Self-Education

- Just Say Fat. Please, let fat people describe our own… | by Your Fat Friend | Human Parts (medium.com)
- Podcasts:
    - She's All Fat
    - Maintenance Phase
    - Food Psych Podcast with Christy Harrison
    - Burnt Toast (great for parents interested in disrupting the cycle of socialization)
    - Books:
    - "What We Don't Talk About When We Talk About Fat" by Aubrey Gordon
    - "Fearing the Black Body: The Racial Origins of Fat Phobia" by Sabrina Strings
- Many more recommendations can be found
    - https://www.yourfatfriend.com/fat-reading-list
    - https://shesallfatpod.com/allyship
- Learn more about Health at Every Size here: https://asdah.org/health-at-every-size-haes-approach/
- Feel free to contact me, Aisling McIntyre, LCSW: mcintyreap2@upmc.edu, with follow up questions!

## Resources for Members

- Healthwise Resources
    - Body Image in Children: Care Instructions
    - Helping Your Child Build a Healthy Body Image
    - Learning About a Healthy Body Image
    - Learning About Supporting a Healthy Body Image
    - Reframing Your Thoughts on Managing Weight [video]
    - Teens: Who Do You See in the Mirror? [video]
- Resources for Parents
    - How to Talk to Your Child About Weight Bias
    - Having a Productive Conversation: Weight Bias- Dispelling Myths
    - Ways to Combat Weight Bias

## Resources for Providers

- Creating a Comfortable and Welcoming Medical Office Environment
- Reducing Stigma When Talking to Patients about Weight
- Many more resources for providers can be found here:
- https://uconnruddcenter.org/research/weight-bias-stigma/healthcare-providers/