



Resources & References

Resources for Self- Education

- Podcasts:
 - 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 and "You Just Need to Lose Weight" And 19 Other Myths About Fat People* by Aubrey Gordon
 - *Fearing the Black Body: The Racial Origins of Fat Phobia* by Sabrina Strings
 - *Fat Talk: Parenting in the Age of Diet Culture* by Virginia Sole-Smith
- Many more recommendations can be found below:
 - <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](#)
- [Weight Bias in Healthcare brochure](#)
- [Validated Measures to Assess Weight Bias](#)
- [Weight Bias and Discrimination: A Challenge for Healthcare Providers](#)

More resources for providers can be found here:

<https://uconnruddcenter.org/research/weight-bias-stigma/healthcare-providers/>

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