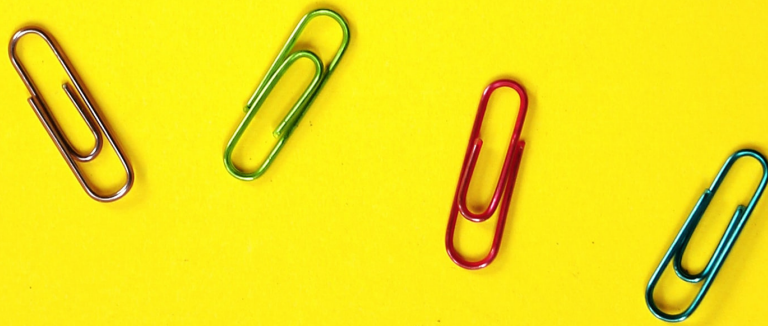


FIERCE
FATTY

SIZE DIVERSITY RESOURCE GUIDE



HELLO AND WELCOME!

Hey, I'm Vinny (they/them), Founder of Fierce Fatty, and I've been told that you would like to add some extra size diversity to your life!

I will be your guide through this resource and have curated everything just for you :)

This guide focuses on size diversity, so we have resources focused on fat folks and the fat community. **Being exposed to size diversity is good for everyone in every body size!** It helps us understand what human bodies look like and connect with people we want to build community with which in turn helps improve our own self-image and levels of weight bias we may hold. Being in a larger body is not a pre-requisite for gaining helpful things from this guide.

When reading the word “fat” you may have thought “Oh no, that is such an awful word!” Many people use fat as a neutral descriptor, honouring the work of the fat liberation community. I recognize the history of the word being used as a weapon of harm against many and so it can take time to get used to. I recommend learning more from incredible fat activists working hard on destigmatizing this word and changing the world for fat people.

There are many resources in this guide and what I don't want to happen is for you to feel overwhelmed. Pick just one book to read or one podcast to listen to, just a handful of accounts to follow and begin to slowly build a different landscape for yourself. You can also ask your provider which is their favourite from the list!

Some things in here may feel really relevant to you, some, not so much. That's ok! Pick what feels good for you and leave the rest.

Ok, so are you ready to dive in? Yes! Let's do it.

**Fatty hugs,
Vinny**

**Founder | Fierce Fatty
Fat Activist + Educator**

CONTENT



- Social media
- TED Talks
- Books
- Podcasts
- Facebook groups
- Clothes - where to shop
- Science and other things



This guide is a part of your program/session with your provider and as such please don't distribute it without permission. Thank you!



SOCIAL MEDIA



SOCIAL MEDIA - IDEAS ON WHERE TO START



mixedfatchick

Message



2,516 posts

14.5K followers

4,924 following

Pia Schiavo-Campo SHE/HER 🧡🌸

Digital creator

On Tongva Land (Los Angeles)

#SOCIALJUSTICE #BODYLIBERATION #EDRECOVERY #MENTALHEALTH | BOARD CHAIR

@OPENPATHSLA

PARTNER @MOMENTUMSTEAM

linktr.ee/mixedfatchick

Followed by [fatfuturescollective](#) and [blackandembodied](#)



black.woman.blooming

Message



466 posts

13.9K followers

1,588 following

Vanessa Rochelle Lewis she/her

Writer.

Teacher.

Healer.

Liberator.

Faerie Princess Mermaid Gangsta.

Reclaim UGLY Founder: Uplift Glorify Love Yourself!

Belonging is for EVERYONE!

patreon.com/vanessarochellelewis

Followed by [femmeow](#) and [mentalhealthfemme](#)



mynameisjessamyn

Message



1,525 posts

469K followers

7,502 following

Jessamyn

Writer

My New Book "Yoke" Is Out Now

HBIC. [@theunderbellyyoga](#) [@jessamynscloset](#)

Author. [#everybodyyoga](#) [#yokebook](#)


Podcast. [@dearjessamyn](#)



Advocate. [@wegohighnc](#)

shor.by/MNIJ

Followed by [femmeow](#), [julie.ohlemacher](#), [mentalhealthfemme](#) +243 more

SOCIAL MEDIA - IDEAS ON WHERE TO START





comfyfattravels Message   ...

408 posts 37.4K followers 1,436 following

J Aprileo they/them
Writer
fat accessibility, gender, and body liberation >> comfyfat.com. on Osage land 🌞
patreon.com/comfyfat

Followed by [thechristinacakes](#), [fatfuturescollective](#), [heyseantaylor](#) +127 more






dr_chairbreaker Message  ...

2,036 posts 30.2K followers 1,690 following

Caleb Luna 🌐 they/them
Artist
writer, performer, theorist of the body
❤️ REVENGE BODY (@nomadicpress 2022)
🎙️ co-host @unsolicitedftb
👑🎉👑👑👑
linktr.ee/chairbreaker

Followed by [femmeow](#)



chubbycartwheels Message   ...

2,586 posts 112K followers 893 following

Shawna she/her
Professional Fat Babe 🍑
PDXer 🏠
Lover of Tea 🍵
Pluviophile 🌧️
Seamstress 🧵
Fantasy/Sci-fi nerd 📖
Intersectional Feminist ✨
Trying to be happy 😊

Followed by [thechristinacakes](#), [coffee.and.crumbss](#), [fetmenfattet](#) +82 more

SOCIAL MEDIA - 1

The accounts are all on Instagram, they may also be on Facebook and other platforms. Please note: people can change their social media handle from time to time and so search their handle on Google if the link doesn't work :)

Handle	Tags	Link
@_megz_makeup_	Big Bellied Larger Fat	https://www.instagram.com/_megz_makeup_/
@_photopotamus_	Larger fat - Chicagoland photographer, Autistic, ED recovery, queer	https://www.instagram.com/_photopotamus_/
@2muchwoman4thisworld	Larger fat, Black - Wild Woman Doula	https://www.instagram.com/2muchwoman4thisworld/
@300poundsandrunning	Fat Athlete/ Fitness Coach	https://www.instagram.com/300poundsandrunning/
@aaron_phillip	Fat Positive, Body Diverse Photographers	https://www.instagram.com/aaron_phillip/
@adibanelson	Fat BIPOC	https://www.instagram.com/adibanelson/
@Adipositivity	Fat Positive, Body Diverse Photographers	https://www.instagram.com/Adipositivity/
@alicatsamurai	Disabled BIPOC Activist	https://www.instagram.com/alicatsamurai/
@alokvmenon	Non Binary Writer/Activist/Educator	https://www.instagram.com/alokvmenon/
@Amber_karnes	Fat Athlete/ Fitness Coach	https://www.instagram.com/Amber_karnes/
@amelieroch	Fat Positive Illustrator/Artist	https://www.instagram.com/amelieroch/
@annavonrueden	#agepositive	https://www.instagram.com/annavonrueden/
@anneandkathleen	Amputee/Advocate for body positivity	https://www.instagram.com/anneandkathleen/
@ansleyadamsart	Fat Positive Painter	https://www.instagram.com/ansleyadamsart/
@antidietriotclub	Fat Activist/ HAES, IE Advocate	https://www.instagram.com/antidietriotclub
@antifasupersluts	Larger fat	https://www.instagram.com/antifasupersluts/
@apyblog	Big Bellied Larger Fat	https://www.instagram.com/apyblog/
@arewenearlybareyet	Fat Positive Illustrator/Artist	https://www.instagram.com/arewenearlybareyet/
@art.brat.comic	Fat Positive Illustrator	https://www.instagram.com/art.brat.comic/
@Baddiewinkle	#agepositive	https://www.instagram.com/baddiewinkle/
@Bambeisaurus	Fat Athlete/ Fitness Coach	https://www.instagram.com/Bambeisaurus/
@bianca_rosemarie	Model with Different Skin	https://www.instagram.com/bianca_rosemarie/
@biggalyoga	Fat Athlete/ Fitness Coach	https://www.instagram.com/biggalyoga/
@biggirlbarbell	Fat Athlete/ Fitness Coach	https://www.instagram.com/biggirlbarbell/
@black.woman.blooming	Larger fat, Black - Reclaim UGLY Founder	https://www.instagram.com/black.woman.blooming/
@bloozchicken	Fat Positive Illustrator	https://www.instagram.com/bloozchicken/
@bodyhonornutrition	Fat (and Fat-Positive) Dietitian-Nutritionist	https://www.instagram.com/bodyhonornutrition/
@burrbue	Big Bellied Larger Fat	https://www.instagram.com/burrbue/

SOCIAL MEDIA - 2

Handle	Tags	Link
@calliethorpe	Big Bellied Larger Fat	https://www.instagram.com/calliethorpe
@camilafalquez	Fat Positive, Body Diverse Photographers	https://www.instagram.com/camilafalquez/
@can.we.all.go	AllGo - A Plus-Size Review App	https://www.instagram.com/can.we.all.go/
@catherinemattelaer	#agepositive	https://www.instagram.com/catherinemattelaer/
@chrissymetz	Big Bellied Larger Fat	https://www.instagram.com/chrissymetz/
@chubbycartwheels	Larger fat - Professional Fat Babe	https://www.instagram.com/chubbycartwheels/
@chubbystruggles	Big Bellied Larger Fat	https://www.instagram.com/chubbystruggles/
@clo.theral	Larger fat, Black	https://www.instagram.com/clo.theral/
@comfyfattravels	Fat Positive, Gender Fluid Travel Blog	https://www.instagram.com/comfyfattravels/
@comfyfattravels	Larger fat - fat accessibility, gender, and body liberation	https://www.instagram.com/comfyfattravels/
@curvesbecomeher	Fat BIPOC	https://www.instagram.com/curvesbecomeher/
@Curvygirlmeetsyoga	Fat Athlete/ Fitness Coach	https://www.instagram.com/Curvygirlmeetsyoga/
@dashaunh	Larger fat, Black - ungendered (they/them)	https://www.instagram.com/dashaunh/
@dawn_serra	Body Positive Sex Coach	https://www.instagram.com/dawn_serra/
@decolonizing_fitness	Fat Athlete/ Fitness Coach	https://www.instagram.com/decolonizing_fitness/
@Diannebondyyoga	Fat Athlete/ Fitness Coach	https://www.instagram.com/Diannebondyyoga/
@discoveringcasey	Larger fat - Your Midwest disabled non-binary fat femme	https://www.instagram.com/discoveringcasey/
@dr_chairbreaker	Larger fat - writer, performer, theorist of the body	https://www.instagram.com/dr_chairbreaker/
@elise.grey	#agepositive	https://www.instagram.com/elise.grey
@enamasiam	Fat BIPOC	https://www.instagram.com/enamasiam/
@enamasiam	Big Bellied Larger Fat	https://www.instagram.com/enamasiam/
@erikaheart	Gender Non Conforming Activist/	https://www.instagram.com/erikaheart/
@fatbabeforever	Big Bellied Larger Fat	https://www.instagram.com/fatbabeforever/
@fatfabfeminist	Larger fat	https://www.instagram.com/fatfabfeminist/
@fatfemmesfotoproj	Fat Positive, Body Diverse Photographers	https://www.instagram.com/fatfemmesfotoproj
@fatgirlflow	Big Bellied Larger Fat	https://www.instagram.com/fatgirlflow/
@fatgirlclubpodcast	Fat Activist	https://www.instagram.com/fatgirlclubpodcast/
@fatgirlstravelling	Fat Positive, Gender Fluid Travel Blog	https://www.instagram.com/fatgirlstravelling/
@fatlippodcast	Big Bellied Larger Fat	https://www.instagram.com/fatlippodcast/

SOCIAL MEDIA - 3

Handle	Tags	Link
@jandevilleneuve	#agepositive	https://www.instagram.com/jandevilleneuve/
@janelle.elaraluna	Big Bellied Larger Fat	https://www.instagram.com/janelle.elaraluna/
@jervae	Big Bellied Larger Fat	https://www.instagram.com/jervae/
@jillianmercado	Disabled Activist and Model	https://www.instagram.com/jillianmercado/
@jocelini_bodini	#agepositive	https://www.instagram.com/jocelini_bodini/
@jordallenhall	Larger fat - they/he	https://www.instagram.com/jordallenhall/
@juliabusatophotography	Fat Positive, Body Diverse Photographers	https://www.instagram.com/juliabusatophotography/
@justlbby	Fat BIPOC	https://www.instagram.com/justlbby/
@kakey53	#agepositive	https://www.instagram.com/kakey53/
@kellybellyohio	Big Bellied Larger Fat	https://www.instagram.com/kellybellyohio/
@ladycoquine	Fat Athlete/ Fitness Coach	https://www.instagram.com/ladycoquine/
@laraonfire	Fat Activist	https://www.instagram.com/laraonfire/
@ldvphoto	Fat Positive, Body Diverse Photographers	https://www.instagram.com/ldvphoto/
@linnymalin	Fat Positive Illustrator/Artist	https://www.instagram.com/linnymalin/
@littlepineneedle	Disabled Visibility Activist	https://www.instagram.com/littlepineneedle/
@lovaeij	Fat Positive, Body Diverse Photographers	https://www.instagram.com/lovaeij/
@luhshawnay	Fat BIPOC	https://www.instagram.com/luhshawnay/
@luhshawnay	Big Bellied Larger Fat	https://www.instagram.com/luhshawnay/
@lvernon2000	Fat BIPOC	https://www.instagram.com/lvernon2000/
@m_isfor_mich	#agepositive	https://www.instagram.com/m_isfor_mich/
@madelinesmodelling_	Disabled Activist and Model	https://www.instagram.com/madelinesmodelling_/
@madetobeebe	Big Bellied Larger Fat	https://www.instagram.com/madetobeebe/
@mamacaxx	Disabled Activist and Model	https://www.instagram.com/mamacaxx/
@mayemusk	#agepositive	https://www.instagram.com/mayemusk/
@mia.mingus	Disabled BIPOC Activist	https://www.instagram.com/mia.mingus/
@miriamlurry	Larger fat, Black - blogger	https://www.instagram.com/miriamlurry/
@missalexlarosa	Fat BIPOC	https://www.instagram.com/missalexlarosa/
@mixedfatchick	BIPOC - Social justic	https://www.instagram.com/mixedfatchick/
@modachrome	Fat Positive, Body Diverse Photographers	https://www.instagram.com/modachrome/

SOCIAL MEDIA - 4

Handle	Tags	Link
@jandevilleneuve	#agepositive	https://www.instagram.com/jandevilleneuve/
@janelle.elaraluna	Big Bellied Larger Fat	https://www.instagram.com/janelle.elaraluna/
@jervae	Big Bellied Larger Fat	https://www.instagram.com/jervae/
@jillianmercado	Disabled Activist and Model	https://www.instagram.com/jillianmercado/
@jocelini_bodini	#agepositive	https://www.instagram.com/jocelini_bodini/
@jordallenhall	Larger fat - they/he	https://www.instagram.com/jordallenhall/
@juliabusatophotography	Fat Positive, Body Diverse Photographers	https://www.instagram.com/juliabusatophotography/
@justlbby	Fat BIPOC	https://www.instagram.com/justlbby/
@kakey53	#agepositive	https://www.instagram.com/kakey53/
@kellybellyohio	Big Bellied Larger Fat	https://www.instagram.com/kellybellyohio/
@ladycoquine	Fat Athlete/ Fitness Coach	https://www.instagram.com/ladycoquine/
@laraonfire	Fat Activist	https://www.instagram.com/laraonfire/
@ldvphoto	Fat Positive, Body Diverse Photographers	https://www.instagram.com/ldvphoto/
@linnymalin	Fat Positive Illustrator/Artist	https://www.instagram.com/linnymalin/
@littlepineneedle	Disabled Visibility Activist	https://www.instagram.com/littlepineneedle/
@lovaeij	Fat Positive, Body Diverse Photographers	https://www.instagram.com/lovaeij/
@luhshawnay	Fat BIPOC	https://www.instagram.com/luhshawnay/
@luhshawnay	Big Bellied Larger Fat	https://www.instagram.com/luhshawnay/
@lvernon2000	Fat BIPOC	https://www.instagram.com/lvernon2000/
@m_isfor_mich	#agepositive	https://www.instagram.com/m_isfor_mich/
@madelinesmodelling_	Disabled Activist and Model	https://www.instagram.com/madelinesmodelling_/
@madetobeebe	Big Bellied Larger Fat	https://www.instagram.com/madetobeebe/
@mamacaxx	Disabled Activist and Model	https://www.instagram.com/mamacaxx/
@mayemusk	#agepositive	https://www.instagram.com/mayemusk/
@mia.mingus	Disabled BIPOC Activist	https://www.instagram.com/mia.mingus/
@miriamlurry	Larger fat, Black - blogger	https://www.instagram.com/miriamlurry/
@missalexlarosa	Fat BIPOC	https://www.instagram.com/missalexlarosa/
@mixedfatchick	BIPOC - Social justic	https://www.instagram.com/mixedfatchick/
@modachrome	Fat Positive, Body Diverse Photographers	https://www.instagram.com/modachrome/

SOCIAL MEDIA - 5

Handle	Tags	Link
@morieboubou	Fat Positive Illustrator/Artist	https://www.instagram.com/morieboubou/
@mynameisjessamyn	Fat BIPOC	https://www.instagram.com/mynameisjessamyn/
@nakitende	Fat BIPOC	https://www.instagram.com/nakitende/
@nataliemeanisnice	Big Bellied Larger Fat	https://www.instagram.com/nataliemeanisnice/
@nerdycurvyandthriving	Big Bellied Larger Fat	https://www.instagram.com/nerdycurvyandthriving/
@nolatrees	Fat Athlete/ Fitness Coach	https://www.instagram.com/nolatrees/
@notondietanymore	#agepositive	https://www.instagram.com/notondietanymore/
@notyouravgho	Disabled BIPOC Activist	https://www.instagram.com/notyouravgho/
@palegingerpear	Larger fat - Later stage lipo-lymphedema	https://www.instagram.com/palegingerpear/
@paramoart	Bopo Artist	https://www.instagram.com/paramoart/
@ragenchastain	Larger fat - Speaker, Writer, Activist, Trained Research, Athlete	https://www.instagram.com/ragenchastain/
@raindovemodel	Non Binary Human Artist/Activist	https://www.instagram.com/raindovemodel/
@raisaflovers	Fat BIPOC	https://www.instagram.com/raisaflovers/
@realfatrealfabulous	Larger fat - Lymphedema and Lipoedema living	https://www.instagram.com/realfatrealfabulous/
@recipesforselflove	Fat Positive Illustrator/Artist	https://www.instagram.com/recipesforselflove/
@rossanaorlandi	#agepositive	https://www.instagram.com/rossanaorlandi/
@Round_the_way_gal	Fat Athlete/ Fitness Coach	https://www.instagram.com/Round_the_way_gal/
@sacredspaceforfatbodies	Larger fat - Holding and creating sacred spaces for the MOST MARGINALIZED fat people	https://www.instagram.com/sacredspaceforfatbodies/
@samanthastudio	Fat Positive, Body Diverse Photographers	https://www.instagram.com/samanthastudio/
@saucywest	Fat BIPOC	https://www.instagram.com/saucywest/
@sheabutterbih	Larger fat - black cis queer fat femme	https://www.instagram.com/sheabutterbih/
@shilogeorge	Larger fat - Queer SuperFat Activist	https://www.instagram.com/shilogeorge/
@shooglet	Fat Positive, Non Binary Photographer/Artist	https://www.instagram.com/shooglet/
@showtimewerner	Special Olympian Gymnast	https://www.instagram.com/showtimewerner/
@silvanadenker	Fat Positive, Body Diverse Photographers	https://www.instagram.com/silvanadenker/
@simonemariposa	Fat BIPOC	https://www.instagram.com/simonemariposa/
@simonemariposa	Big Bellied Larger Fat	https://www.instagram.com/simonemariposa/
@somekindofbeautiful_	Larger fat - Infinitat fit model	https://www.instagram.com/somekindofbeautiful_/
@stillemyld	Larger fat - Queer cis-fem, living the married life	https://www.instagram.com/stillemyld/
@stinegreveillustration	Fat Positive Illustrator/Artist	https://www.instagram.com/stinegreveillustration/

SOCIAL MEDIA - 6

Handle	Tags	Link
@suzgilliessmith	Larger fat - Plus Size Mom	https://www.instagram.com/suzgilliessmith/
@tallulah_moon	Big Bellied Larger Fat	https://www.instagram.com/tallulah_moon/
@tayneetinsley	Fat Positive Illustrator/Artist	https://www.instagram.com/tayneetinsley
@thahoodalkemist	Larger fat - #dyke #fat #genderqueer #Boi #polyam	https://www.instagram.com/thahoodalkemist/
@thebeaologist	Fat BIPOC	https://www.instagram.com/thebeaologist/
@thebodyisnotanapology	Body Love Coach and Advocate	https://www.instagram.com/thebodyisnotanapology/
@thefatsextherapist	Fat Positive Sex Coach	https://www.instagram.com/thefatsextherapist/
@thefatsextherapist	Fat BIPOC	https://www.instagram.com/thefatsextherapist/
@themirnavator	Fat Athlete/ Fitness Coach	https://www.instagram.com/themirnavator/
@thepennydarling	Big Bellied Larger Fat	https://www.instagram.com/thepennydarling/
@therotund	Larger fat - Femme. Semi-professional fat person	https://www.instagram.com/therotund/
@theslumflower	Saggy Boobs Matter	https://www.instagram.com/theslumflower/
@thisiscarlaoficial	Fat BIPOC	https://www.instagram.com/thisiscarlaoficial/
@tiffriahgrande	Big Bellied Larger Fat	https://www.instagram.com/tiffriahgrande/
@tikathecreator	Fat Positive, Body Diverse Photographers	https://www.instagram.com/tikathecreator/
@timeless_styling	#agepositive	https://www.instagram.com/timeless_styling/
@Trainer_louisegreen	Fat Athlete/ Fitness Coach	https://www.instagram.com/Trainer_louisegreen/
@unskinnyhero	Fat Activist	https://www.instagram.com/unskinnyhero/
@ushshi	Big Bellied Larger Fat	https://www.instagram.com/ushshi/
@val_and.co	Larger fat - Slow and ethical fashion at the intersection of disability • chronic illness • fat • neurodivergent	https://www.instagram.com/val_and.co/
@valentinayasen	#agepositive	https://www.instagram.com/valentinayasen/
@veryfatpossum	Larger fat - trans swamp cat living in Rhode Island	https://www.instagram.com/veryfatpossum/
@yrfatfriend	Fat Activist	https://www.instagram.com/yrfatfriend/?hl=en

TED TALKS



TED TALKS - IDEAS ON WHERE TO START



Lindsey Kite - Body Positivity or Body Obsession? Learning to See More and Be More

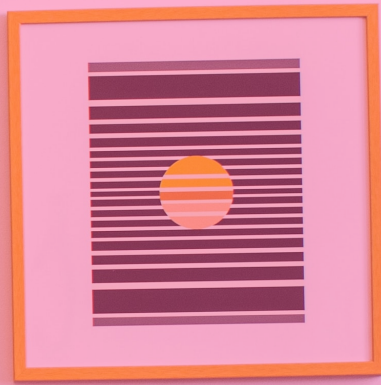


Lose Hate Not Weight | Virgie Tovar

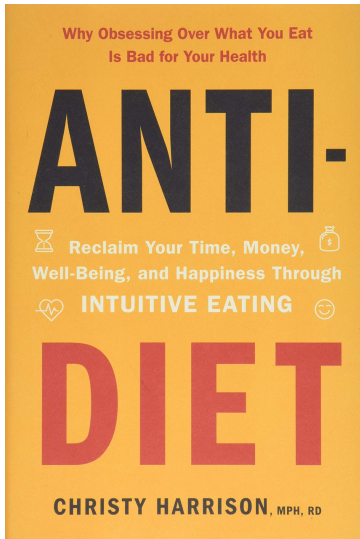
TED TALKS

Speaker	Topic	Link
Madison A. Krall	Let's talk about fat bias and thin privilege	https://youtu.be/Gak58BcuPh0
Jay Cardiello	Diet and Exercise Makes You Fat	https://www.youtube.com/watch?v=riglMVsniJkw
Kelli Jean Drinkwater	Enough with the Fear of Fat	https://youtu.be/bzIYyhh3X0w
Golda Poretsky	Why it's okay to be fat	https://youtu.be/73SXX0w4eY8
Kodi Phelps	Does this Oppression Make Me Look Fat?	https://youtu.be/Um3YAZFmuUU
Virgie Tovar	Lose Hate Not Weight	https://youtu.be/hZnsamRfxtY
Whitney Way Thore	Living without shame: How we can empower ourselves	https://youtu.be/aaXBYcfVYZM
Dr. Wendy Pogozeleski	How Knowledge is Power in Nutrition	https://youtu.be/WlEbxoTx408
Jill Andrews	Fat Shaming and the Thin Epidemic	https://youtu.be/LXEi-mX4Hcl
Jes Baker	Change Your World, Not Your Body	https://youtu.be/iSjwdN9wW0g
Vinny Welsby	I am Fat: How to be confident and love your body at any size	https://www.youtube.com/watch?v=w_MI3yr32bU
Lillian Bustle	Stripping Away Negative Body Image	https://youtu.be/ME-c0l8oTkYY
Ashley Graham	Plus Size? More Like My Size!	https://youtu.be/xAgawjimjc
Chantelle Brown-Young	My Story Is Painted On My Body	https://youtu.be/YJ5V_3GAuccc
Renee Engeln	An Epidemic Of Beauty Sickness	https://youtu.be/63XsokRPV_Y
Tracey Spicer	The Lady Stripped Bare	https://youtu.be/PENkzh0tWjss
Iskra Lawrence	Ending the pursuit of perfection	https://youtu.be/GR_hq7OVzHU
Meaghan Ramsey	Why thinking you're ugly is bad for you	https://youtu.be/gXIIAS-rI4E
Felicity Hayward	The great body positivity swindle	https://www.youtube.com/watch?v=jpPJL-zh1A4
Lindsay Kite	Body Positivity or Body Obsession? Learning to See More and Be More	https://www.youtube.com/watch?v=uDowwh0EU4w&t=12s
Jessi Kneeland	Body Image: Not Just About Your Body	https://youtu.be/cWESkMNPams
Michelle Elman	Have You Hated Your Body Enough Today?	https://youtu.be/d88uXMWSvfU
Carré Otis	Reclaiming my body and finding true love	https://youtu.be/EgL_H7UMol4
Cameron Russell	Looks Aren't Everything. Trust Me. I'm A Model.	https://youtu.be/KM4Xe6Dlp0Y
Lizzie Velasquez	How Do You Define Yourself?	https://youtu.be/QzPbY9ufnQY

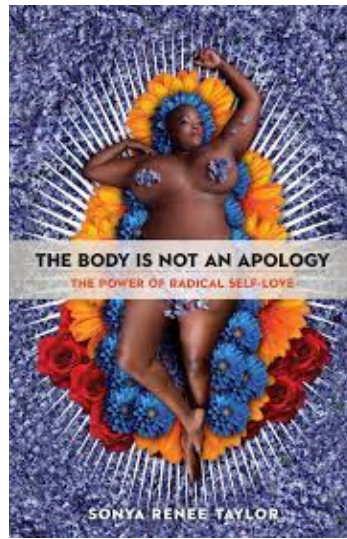
BOOKS



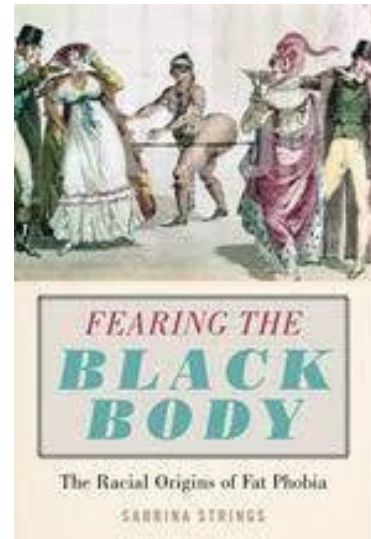
BOOKS - IDEAS ON WHERE TO START



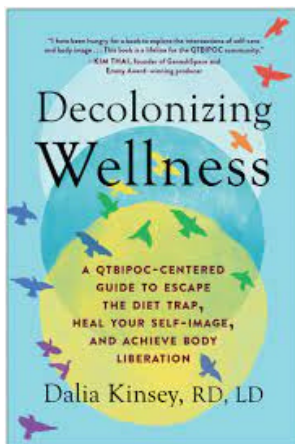
Anti-Diet by Christy Harrison



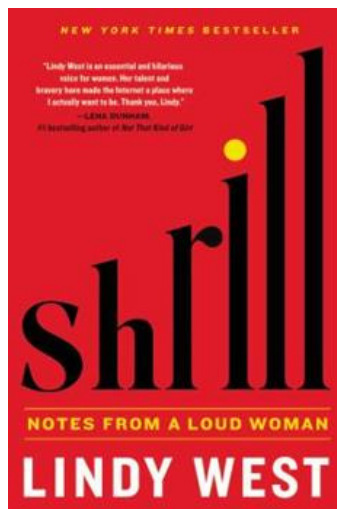
The Body Is Not an Apology: The Power of Radical Self-Love by Sonya Renee Taylor



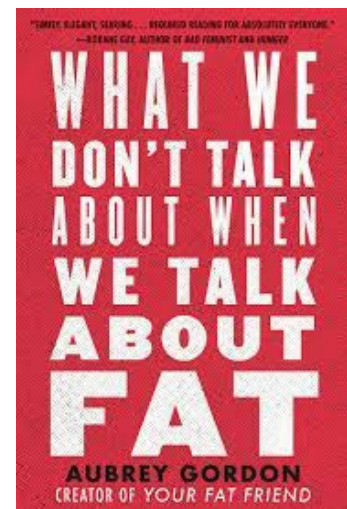
Fearing the Black Body by Sabrina Strings, PhD



Decolonizing Wellness: A QTBIPOC-Centered Guide to Escape the Diet Trap, Heal Your Self-Image, and Achieve Body Liberation by Dalia Kinsey



Shrill: Notes from a Loud Woman by Lindy West



What We Don't Talk About When We Talk About Fat By Aubrey Gordon

BOOKS - 1

- A Beautiful Work in Progress A Memoir by Mirna Valerio
- **Bad Fat Black Girl: Notes from a Trap Feminist by Sesali Bowen**
- **Belly of the Beast: The Politics of Anti-Fatness as Anti-Blackness by Da'Shaun L. Harrison**
- Being Fat: Women, Weight, and Feminist Activism in Canada by Jenny Ellison
- Big: Stories about Life in Plus-Sized Bodies: by Christina Myers
- **Body Happy Kids by Molly Forbes**
- Bodies Out of Bounds: Fatness and Transgression by Jana Evans Braziel and Kathleen LeBesco
- Body Stories: In and Out and With and Through Fat by Jill Andrew (Author, Contributor), May Friedman
- **Decolonizing Wellness: A QTBIPOC-Centered Guide to Escape the Diet Trap, Heal Your Self-Image, and Achieve Body Liberation by Dalia Kinsey**
- Don't Let It Get You Down: Essays on Race, Gender, and the Body By Savala Nolan
- Fat Activism: A Radical Social Movement by Dr. Charlotte Cooper
- Fat and Queer: An Anthology of Queer and Trans Bodies and Lives by Miguel M. Morales
- **Fat Girls in Black Bodies by Joy Arlene Renee Cox, PhD**
- Fat Shame: Stigma and the Fat Body in American Culture by Amy Erdman Farrell
- Fat Studies in Deutschland by Lotte Rose and Friedrich Schorb, Weinheim, Germany, Beltz Juventa Verlag
- Fat Studies in the UK by Ann Kaloski Naylor, Corinna Tomrley
- Fat, Pretty, and Soon to be Old: A Makeover for Self and Society by Kimberly Dark
- **Fat!So?: Because You Don't Have to Apologize for Your Size by Marilyn Wann**
- **Fearing the Black Body by Sabrina Strings, PhD**
- Framing Fat: Competing Constructions in Contemporary Culture by Samantha Kwan and Jennifer Graves
- Heavy Burdens: Stories of Motherhood and Fatness by Judy Verseghe, Sam Abel
- **Heavy by Kiese Laymon**
- Hermosa by Yesika Salgado
- Historicizing Fat in Anglo-American Culture by Elena Levy-Navarro
- **Hunger: A Memoir of (My) Body by Roxane Gay**
- Killer Fat by Natalie Boera
- Neoliberal Bodies and the Gendered Fat Body: The Fat Body in Focus by Hannele Harjunen
- Queering Fat Embodiment (Queer Interventions) by by Cat Pausé (Editor), Jackie Wykes (Editor), Samantha Murray

BOOKS - 2

- **REVENGE BODY BY CALEB LUNA**
- Revolting Bodies? The Struggle to Redefine Fat Identity by Kathleen Lebesco
- Shadow on a Tightrope: Writings by Women on Fat Oppression by Barb Wieser, Lisa Schoenfelder
- The 'fat' female body by Samantha Murray
- **The Body Is Not an Apology: The Power of Radical Self-Love by Sonya Renee Taylor**
- The Care We Dream Of: Liberatory and Transformative Approaches to LGBTQ+ Health by Zena Sharman
- The Embodiment of Disobedience: Fat Black Women's Unruly Political Bodies by Shaw, Andrea Elizabeth
- The Fat Studies Reader by Sondra Solovay, Marilyn Wann and Esther Rothblum
- The Routledge International Handbook of Fat Studies by Edited By Cat Pausé, Sonya Renee Taylor
- **Thick by Tressie McMillan Cottom**
- Thickening Fat: Fat Bodies, Intersectionality, and Social Justice by May Friedman, Carla Rice, Jen Rinaldi
- **Unashamed: Musings of a Fat, Black Muslim by Leah Vernon**
- Weight Bias in Health Education: Critical Perspectives for Pedagogy and Practice by Heather A. Brown, Nancy Ellis-Ordway
- **What's Wrong with Fat? by Abigail Saguy**

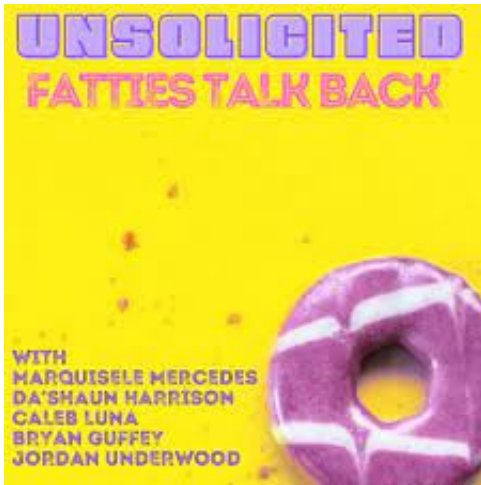


[Click here for more books!](#)
[250+ recommendations](#)

PODCASTS



PODCASTS- IDEAS ON WHERE TO START



Unsolicited: Fatties Talk Back is the show with the fattest unsolicited advice around. The show is hosted by Marquisele Mercedes, Caleb Luna, Bryan Guffey, Jordan Underwood, and Da'Shaun Harrison. New episodes are released biweekly.



Fierce Fatty Podcast by Vinny Welsby
Join Vinny Welsby, TEDx speaker, best-selling author and certified Fierce Fatty as she teaches you how to love your fat body without going on yet another ever again. 95-99% of diets fail, it's not your fault you've never succeeded at losing weight! Wear the damn bikini, rock that crop top, embrace that curvy body. Break down limiting negative self-beliefs and root out the reasons why you think your plus-size body is not ok.



How would you react if someone told you that most of what we are taught to believe about healthy bodies is a lie? How would you feel if that person was a medical doctor with over 20 years experience treating patients and seeing the harm caused by all this misinformation? In their podcast, Dr Asher Larmie, an experienced General Practitioner and self-styled Fat Doctor, examines and challenges 'health' as we know it through passionate, unfiltered conversations with guest experts, colleagues and friends.

PODCASTS - 1

Name	Link	Topics
2 Dope Queens	http://www.wnyc.org/shows/dopequeens/	Stories about sex, romance, race, hair journeys, living in New York, and Billy Joel.
All Fired up by Louise Adams	https://untrapped.com.au/podcast/	Anti diet, Eating disorder, Health, and body size
Another Round	https://itunes.apple.com/us/podcast/another-round/id977676980	race, gender and pop culture to squirrels, mangoes, and bad jokes, all in one boozy show.
As Told By Alex	https://soundcloud.com/astoldbyalex	An advice podcast by Alex of LearningToBeFearless on YouTube
Bad Fat Broads	http://www.badfatbroads.com/	Fat Acceptance and culture
Bad Feminist Film Club	https://badfeministfilmclub.com/	Film, feminism
Bawdy Love Podcast	http://laurenmariefleming.com/episodearchive/	Body positivity
Black Girls Talking	http://blackgirlstalking.tumblr.com/	4 black women discuss pop culture, representation of people of color, & the pursuit of the perfect body oil.
Body Cons	https://podcasts.apple.com/gb/podcast/body-cons/id1454568871?mt=2	Conversations about bodies
Body Kindness	http://www.bodykindnessbook.com/podcast/	This is about redefining what it means to pursue health, where your well-being matters more than your weight
Call Your Girlfriend	http://www.callyourgirlfriend.com/	Feminism, pop culture, politics
Deep dive dana falsetti	https://podcasts.apple.com/us/podcast/deep-dive-with-dana-falsetti/id1359576573	Self preservation, Fat activist
Dietitians Unplugged	https://daretonotdiet.wordpress.com/2015/09/28/dietitians-unplugged-podcast-episode-1/	HAES, eating disorders, fat acceptance
Do No Harm Podcast	https://www.donoharmpodcast.com/	Health at Every Size and Patient-Centered Health Care
Don't Salt My Game	http://www.laurathomasphd.co.uk/category/podcast/	Intuitive Eating, Health at Every Size & Non-Diet Nutrition
Escape Diet Prison	http://www.annesophie.us/the-podcast/	Anti diet, HAES, eating disorders
Every body podcast	https://www.everybypodcast.com/	food, dieting and body image
Fat Chat	https://podcasts.apple.com/us/podcast/fat-chat/id1488353070?ign-mpt=uo%3D4	Body Confidence
Fat Feminist Witch	https://fatfeministwitch.podbean.com/	witchcraft, fat activism and feminism
Fat Girl Book Club	https://fatgirlbookclub.simplecast.com/	Fat book reviews
Fat Girls Club	https://podcasts.apple.com/ca/podcast/fat-girls-club/id1403635244	Funny anecdotes to embarrassing moments we all want to forget.
Fat Outta Hell	https://podcasts.apple.com/us/podcast/fat-chat/id1467548244	Fat experience, Body Acceptance
Eat The Rules with Summer Innanen	https://summerinnanen.com/frr/	Bopo, anti-diet, feminism and self help
Finding Your Hunder	http://findingourhunger.com/#!/category/podcasts/	Anti diet, HAES, eating disorders
Food Confidence Podcast	http://podcasts.apple.com/us/podcast/food-confidence-podcast/id1458886263	Body Confidence, Food Confidence
Food Heaven Podcast	https://podcasts.apple.com/us/podcast/food-heaven-podcast/id1041814489	Health at every size, Food & Culture, Intuitive Eating, Mental Health, and Body Acceptance
Food Psych	https://christyharrison.com/foodpsych/	Intuitive eating dietician, HAES and Bopo
Friend of Marilyn	https://friendofmarilyn.com/?fbclid=IwAR16rIpJHxH8D5CQHZNqjwfoFl2tollcmzu00a46PJ7d9A4wBdza70Jjgmo	Fat positivity, Fat activism

PODCASTS - 2

Name	Link	Topics
Going Beyond the Food	https://www.stephaniedodier.com/podcast-episodes/	Intuitive eating
Guys We've Fucked	https://soundcloud.com/guyswefucked	Anti slut shaming, sex positive, feminism
Home Podcast	http://www.homepodcast.org/episodes/	like dating, sex, shame, socializing, forgiveness, atheism, eating disorders
Intuitive bites podcast	https://www.theintuitiveverd.com/	Intuitive Eating, Health at Every Size, Diet culture
It's Not About the Food	https://www.stefanireinoldmd.com/blog	Holistic Health
Let It Out with Katie Dalebout	http://katedalebout.com/podcast/isabelfoxenduke/	Long-form conversations with good people who are good at being themselves.
Life. Unrestricted.	http://www.lifeunrestricted.org/category/life-unrestricted-podcast/	Eating disorders, exercise addiction
Liveng Proof	https://podcasts.apple.com/us/podcast/liveng-proof-podcast/id1155709043	Mental & Emotional Health
Love, Food podcast with Julie Duffy Dillon	http://www.juliedillonrd.com/lovefoodpodcast/	Anti diet, HAES, eating disorders
Made of Human by Sofie Hagen	https://www.madeofhumanpodcast.com/	Adulthood, Fatphobia
Nerdette	https://www.wbez.org/shows/nerdette/b2c2c10b-1e7f-43ca-b3ad-55d6fd33722c	A safe space for nerding out about all the things you're watching, reading, listening to and encountering IRL.
Nourishing Women	https://podcasts.apple.com/us/podcast/nourishing-women-podcast/id1273444999	Feminism, Intuitive eating, Body image, Holistic healing, Wellness
Nutrition Matters Podcast	https://www.paigesmathersrd.com/podcast	Registered dietitian helping you create a healthy relationship with food & your body
Popaganda	https://www.bitchmedia.org/feminist-podcasts/popaganda	Feminism and culture
Pure Curiosity	https://podcasts.apple.com/us/podcast/pure-curiosity-with-iris-mcalpin/id1286603399	Mental Health
Quit Dieting for Good	https://player.fm/series/quit-dieting-for-good	Anti diet, HAES, eating disorders, Body Acceptance
RD Real Talk	http://heathercaplan.com/ https://podcasts.apple.com/us/podcast/rd-real-talk-podcast/id1208568777?mt=22	Weight-inclusive, Nutrition and Dietetics, Intuitive Eating, Sports Nutrition, Career paths
Real Health Radio	https://seven-health.com/	Binge eating, Fat Acceptance
Reclaim Podcast	https://www.thaissy.com/reclaim-podcast	Self love, Feminism
Rock Your Body with Sarah Vance	https://www.stitcher.com/podcast/sarah-vance/the-reclaiming-you-podcast-with-sarah-vance	Fitness industry BS, anti-diet, disordered eating
RuPaul: What's The Tee?	http://www.rupaulpodcast.com/	pop culture, advice, beauty advice, RuPaul's Drag Race
Savour	http://savorpodcast.com/	Anti diet, HAES, eating disorders
She's All Fat Podcast with Sophia and April	https://shesallfatpod.com/	Body positivity, radical self-love. Intersections between fatness and feminism.
She's All Fat	https://shesallfatpod.com/podcast	Body positivity, Self love
Sooo Many White Guys	http://www.wnyc.org/shows/whiteguys	Join comedian Phoebe Robinson (2 Dope Queens) as she talks to performers, musicians, authors and artists who are killing it in their fields. Oh, and none of them are white dudes! Whew.

PODCASTS - 3

Name	Link	Topics
Speaking of Hungry	https://www.alisonbarkman.com/podcast	Intuitive Eating, Chronic Dieting & Disordered Eating
Stuff Mom Never Told You	https://www.stuffmomnevertoldyou.com/	Feminism and culture
The Body Image Podcast	https://corinnedobbas.com/	Nutrition, Body image support, Eating disorder, Nutrition therapy
The Body Love Project	http://www.jessihaggerty.com/blppodcast	Bopo, anti-diet
The Body Poscast	http://www.thebodyposcast.com/about-us	Body Positivity, Feminism
The BodyPosCast	http://www.thebodyposcast.com/body-poscast/	Body Positivity and Feminism
The Fat Doctor Podcast Dr Asher Larmie	https://podcasts.apple.com/us/podcast/the-fat-doctor-podcast/id1573468700	Non binary, fat acceptance
The Fat Lip	http://thefatlip.com/	Fat Acceptance
The Fierce Fatty Podcast	https://podcasts.apple.com/ca/podcast/fierce-fatty-podcast/id1481565570	Non binary, fat acceptance
The Guilty Feminist	http://guiltyfeminist.com/	Comedy, feminism
The Messy Health Podcast	https://madisondeakin.com/	Mental Health, Anti Diet
The Mindful Dietitian	https://podcasts.apple.com/us/podcast/the-mindful-dietitian/id1214760051	Self care, Peace around food
The Recovery Warrior	https://www.recoverywarriors.com/podcast/	Eating Disorders, Diet Culture
The Yours Chewly Podcast	https://clairechewing.com/podcast	Intuitive eating
Trust Your Body Project	https://whitnycatalano.com/podcast/	Relationship with food, Health at Every Size
Unsolicited Fatties Talk Back	https://unsolicitedftb.libsyn.com/	The fattest unsolicited advice around
Voices of your Village	https://podcasts.apple.com/us/podcast/voices-of-your-village/id1347757659	Parenting
We're Not Weighting	https://podcasts.apple.com/us/podcast/were-not-weightings-podcast/id1447011448	Intuitive Eating, Health at Every Size, Body acceptance
Why Won't You Date Me?	https://podcasts.apple.com/us/podcast/why-wont-you-date-me-with-nicole-byer/id1314759544	Comedy, Nicole Byer
Woman of Size	https://www.womanofsize.com/	Feminism

FACEBOOK GROUPS



FACEBOOK GROUPS

Name	Link	Topics
Aqua Fatties!	https://www.facebook.com/groups/aquafatties/	This group is for radical fat positive fatties who love moving in the water.
Big Fit Girl by Louise Green	https://www.facebook.com/groups/bigfitgirl/	body positive fitness space for big, fit girls or those aspiring to be
Diets Don't Work	https://www.facebook.com/groups/405546927065186/	Diets Don't Work is a page that is active in the fight against diet culture and the harm it does to society
FANTASTIC FEMINIST FATTIES	https://www.facebook.com/groups/fatgoesto11/	Fantastic Feminist Fatties is for Fat-Positive Fatties (no less than US size 16)
Fat-Positive Fitness & Wellness	https://www.facebook.com/groups/119689738168301/	Fat-positive support, fat friendly, and HAES-friendly wellness and fitness, at the same time as we critique the notion of "health."
FATTIES: Fashionistas are Truly Terrific in Every Size	https://www.facebook.com/groups/986170494819049	body positive, size inclusive, safe space, focusing on fun with fashion.
Fierce Fatty Friends	https://www.facebook.com/groups/fiercefattyfriends	Fat positivity
Fit Fatties: Weight Neutral Fitness for All Shapes and Sizes	https://www.facebook.com/groups/fitfatties/	This is a Size Acceptance group to talk about fitness from a weight-neutral perspective
Flying While Fat	https://www.facebook.com/groups/flyingwhilefat/	Flying While Fat is a group for resources, discussion, and support around travel for fat passengers
Friends of the Fat Doctor	https://www.facebook.com/groups/183943380211681/	This is a members-only group started by Dr Asher Larmie for people who are interested in learning about weight inclusive healthcare
I'm going to be extra fat today, just to bug you. ☺	https://www.facebook.com/groups/2448948868456476	Fat positivity
Official Health At Every Size® by ASDAH	https://www.facebook.com/groups/haesbyasdah/	The Health At Every Size® (HAES®) approach comes out of discussions among healthcare workers, consumers, and activists who reject both the use of weight, size, & BMI as proxies for health, & the myth that weight is a choice.
Positive Body Image Support for Women	https://www.facebook.com/groups/BodyPositiveGroup/	This group is for support for women, (CIS, AFAB non-binary/gender fluid, Trans MTF, etc) who have a poor/negative body image
Radical Fat Acceptance: Small To Super	https://www.facebook.com/groups/265888640524764/	This group is hard core fat acceptance. If you identify as fat and you want a group to be fat and fantastic in, this is the place to be!
Saying "No!" to WLS!	https://www.facebook.com/groups/1635933999771684	An anti-oppressions group for people of all sizes who seek information and support in saying "No!" to so-called "weight-loss" surgeries.
Shake My Beauty Group	https://www.facebook.com/groups/586103441847421	Fat positivity
Weight-Neutral PCOS & Endometriosis Support	https://www.facebook.com/groups/pcosendosupport/	supportive community for individuals of all gender identities living with PCOS and/or endometriosis
Zaftig Art - Fat Humans SSBW BBW BHM	https://www.facebook.com/groups/zaftigart	This is a gallery that curates FAT art of humans and humanoids of all kinds.

CLOTHES AND FASHION



CLOTHES - IDEAS ON WHERE TO START

Avenue

L - 6X or US size 14-32

<https://www.avenue.com/>

Price: \$\$

Images from IG feed:



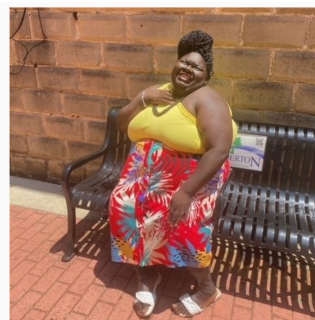
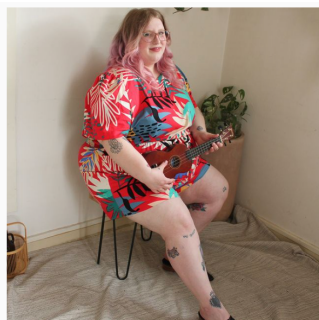
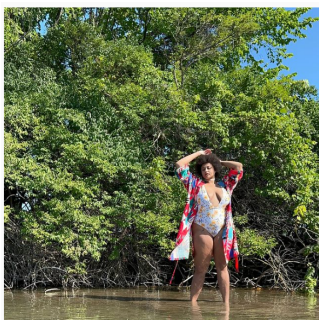
Connally McDougall

XS - 5X (and custom infinity sizes)

<https://connallymcdougall.com/>

Price: \$\$\$

Images from IG feed:



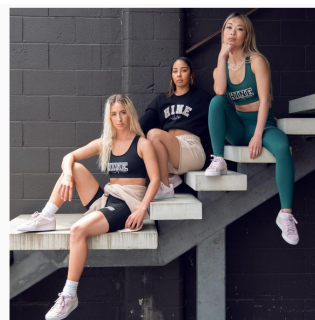
Hine

XS - 6X

<https://www.hinecollection.com/>

Price: \$\$

Images from IG feed:



CLOTHES - IDEAS ON WHERE TO START

Smart Glamour

XS - 15X+

<https://smartglamour.com/>

Price: \$\$

Images from IG feed:



Tomboyx

3XS - 6X

<https://tomboyx.com/>

Price: \$\$

Images from IG feed:



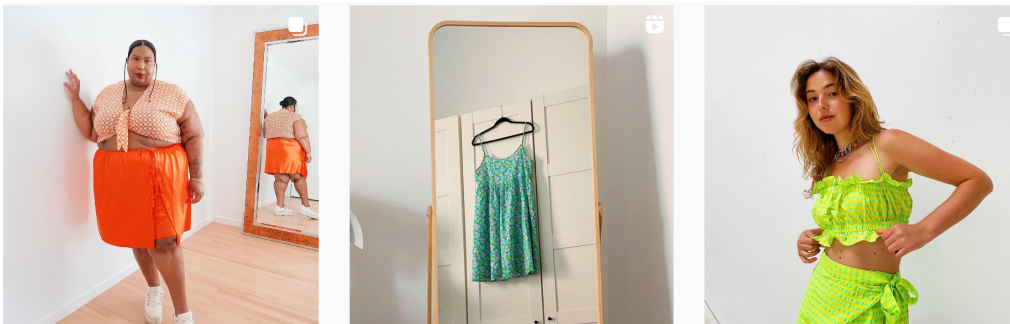
Wray

XXS - 6X (and custom infinity)

<https://wray.nyc/>

Price: \$\$\$

Images from IG feed:



CHEAPER OPTIONS - NOT AS SIZE INCLUSIVE

Shein

Up to 26/28 US, but not reliable

<https://ca.shein.com/>

Price: \$

Curvy Sense

Up to 26/28 US, but not reliable

<https://curvysense.com/>

Price: \$

Forever 21 Plus

Up to 3X

<https://www.forever21.ca/collections/plus>

Price: \$



[Click here for full fashion list with 420+ places to shop!](#)

SCIENCE AND OTHER RESOURCES



SCIENCE + OTHER RESOURCES

The following pages contain studies which support the ideas that weight loss doesn't work, that we can pursue health without losing weight, and that the way we treat fat people and dieting causes poor health outcomes. This is not an extensive list - if we shared all the studies it would be hundreds and way too overwhelming to start with!

The key things to remember and take away from the next pages are as follows:

1. Long-term weight loss is not possible for the vast majority of people
2. You can be fat and healthy and there are interventions you can take to mitigate any increased health/mortality risks from being fat
3. There is no evidence to prove that actually having more adipose (fat tissue) on your body leads to poorer health outcomes. What we do know that causes poorer health outcomes: 1) Weight cycling. 2) Sub-par or lack of access to healthcare and 3) Experiencing weight-bias
4. Dieting is harmful and ineffective
5. People have better outcomes when they don't focus on weight

If you see research come out with some splashy fear-inducing headline about how fat folks are taking over the world with their bad health and laziness, or how there's a new weight loss solution that actually works....stop and think. Just because it's being reported on the news or online doesn't mean the study is good science.

Ask yourself:

- 1) Was this study done on humans?** Many studies are done on rats/mice and then the results are reported as if the same outcomes would be true in humans. We are not rats and our bodies work differently.
- 2) If it was done on humans, how many people?** A new weight loss medical device has been touted as the best thing to happen to fat people. The study was done on less than 10 people. It's hard to make conclusions on tiny numbers.
- 3) How long did they follow participants?** Diets work great as long as you stop following participants' results after a short time! Diet companies will report great results but they omit data from when things start not working for them. A good time to aim for is a minimum of 3-5 years with a weight loss study.
- 4) Do the authors have conflicting interests?** Often people writing the paper are paid by weight loss/anti-fat companies. They must disclose their financial interests so we can understand how much bias they may have coming into their findings.
- 5) Is it peer-reviewed?** Peer-reviewed means that other professionals/academics have done a sort of quality control on the work to make sure it's up to standard. Learn more about how to spot if something is [peer-reviewed here](#).

SCIENCE + OTHER RESOURCES

Many thanks to HAES Health Sheets, Ragen Chastain, The Fat Dr UK and other fat activists for sharing and curating many studies and notes and actually doing very important research to further our understanding of size diversity.

Please note: take care whilst reading linked studies as there may be stigmatizing language like the O Words.

Theme: Support for weight neutral care

Name	Link	Note/comments
L. Bacon and L. Aphramor, "Weight Science: Evaluating the Evidence for a Paradigm Shift," Nutrition Journal 10 (January 2011)	https://nutritionj.biomedcentral.com/articles/10.1186/1475-2891-10-9	This paper evaluates the evidence and rationale that justifies shifting the health care paradigm from a conventional weight focus to HAES
What to say at the Drs Office	https://danceswithfat.org/2013/04/01/what-to-say-at-the-doctors-office/	HAES approach resulted in improved health risk indicators
Relationship Between Low Cardiorespiratory Fitness and Mortality in Normal-Weight, "ov*rweight", and "ob*se" Men. Ming Wei, MD, MPH; James B. Kampert, PhD; Carolyn E. Barlow, MS; et al	https://jamanetwork.com/journals/jama/fullarticle/192035	Relative risk of all-cause mortality was similarly mitigated by fitness, regardless of BMI
Healthy Lifestyle Habits and Mortality in "ov*rweight" and "ob*se" Individuals. Eric M. Matheson, Dana E. King and Charles J. Everett	https://www.jabfm.org/content/25/1/9.abstract?etoc	Healthy Habits were associated with a similarly significant decrease in mortality regardless of BMI
Stigma in Practice: Barriers to Health for Fat Women. Jennifer A. Lee, Cat J. Pausé	https://www.frontiersin.org/articles/10.3389/fpsyg.2016.02063/full	An exploration of barriers to healthcare for fat people, including structural and institutional policies, attitudes, and practices.
Recognizing the Fundamental Right to be Fat: A Weight-Inclusive Approach to Size Acceptance and Healing From Sizeism. Rachel M. Calogera, Tracy L. Tylka, Janell L. Mensinger, Angela Meadows, Sigrun Danielsdóttir	https://www.tandfonline.com/doi/full/10.1080/02703149.2018.1524067	An exploration of issues with the Weight Normative Approach, the benefits of a Weight Inclusive Approach, and strategies for therapists to align their practice with a Weight Inclusive Approach
What's wrong with the 'war on obesity?' A narrative review of the weight-centered health paradigm and development of the 3C Framework to build critical competency for a paradigm shift. Lily O'Hara and Jane Taylor	https://journals.sagepub.com/doi/full/10.1177/2158244018772888	Critique of the weight-centered health paradigm and review of the literature around ineffectiveness and harms of the weight-centered approach.
The weight-inclusive versus weight-normative approach to health: evaluating the evidence for prioritizing well-being over weight loss. Tracy L Tylka, Rachel A Annunziato, Deb Burgard, Sigrún Danielsdóttir, Ellen Shuman, Chad Davis, Rachel Calogero	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4132299/	Review of the data on weight and health, including ineffectiveness and harms of dieting, health effects of weight stigma, and data behind a weight-inclusive approach.
Obesity treatment: Weight loss versus increasing fitness and physical activity for reducing health risks. Gaesser and Angadi	https://www.cell.com/iscience/fulltext/S2589-0042(21)00963-9	Makes the case for weight-neutral care over intentional weight loss
The body politic: the relationship between stigma and obesity-associated disease. Peter Muennig	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2386473/	Examines the relationship between weight stigma and health issues, and finds that weight stigma may drive health issues that are typically blamed on body size.
I Think Therefore I Am: Perceived Ideal Weight as a Determinant of Health. Peter Muennig	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2253567/	Found that the difference between actual and desired body weight was a stronger predictor of physical and mental health than body mass index (BMI)

SCIENCE + OTHER RESOURCES

Theme: Issues with weight loss/dieting as a healthcare intervention

Name	Link	Notes/comment
Validity of claims made in weight management research: a narrative review of dietetic articles. Lucy Aphramor	https://nutritionj.biomedcentral.com/articles/10.1186/1475-2891-9-30	The best available evidence demonstrates that conventional weight management has a high long-term failure rate. The ethical implications of continued reliance on an energy deficit approach to weight management are under-explored.
How effective are traditional dietary and exercise interventions for weight loss? W.C. Miller	https://www.ncbi.nlm.nih.gov/pubmed/10449014	The data that exists suggest almost complete weight regain after 3-5 years
Medicare's search for effective obesity treatments: diets are not the answer. Traci Mann, Janet Tomiyama	https://www.ncbi.nlm.nih.gov/sites/entrez/17469900	Almost all dieters regain all the weight, many regain more
Long-term Effects of Dieting: Is Weight Loss Related to Health? Traci Mann, Janet Tomiyama	https://onlinelibrary.wiley.com/doi/abs/10.1111/spc3.12076	Dieting was not shown to be correlated with improved health outcomes.
Probability of an "ob*se" Person Attaining Normal Body Weight: Cohort Study Using Electronic Health Records. A. Fildes et. al	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4539812/	The annual probability of achieving normal body weight was 1 in 210 for men and 1 in 124 for women with simple ob*sity. The probability declined with increasing BMI category
Ob*sity* treatment: Weight loss versus increasing fitness and physical activity for reducing health risks. Glenn Gaesser and Siddhartha Angadi	https://www.cell.com/iscience/fulltext/S2589-0042(21)00963-9	"Weight loss, even if intentional, is not consistently associated with lower mortality risk." "The mortality risk associated with ob*sity is largely attenuated or eliminated by moderate-to-high levels of cardiorespiratory fitness (CRF) or physical activity (PA)"
Canadian "Ob*sity" Experts	https://danceswithfat.org/2020/08/07/canadian-doctors-admit-utter-failure-of-weight-loss-interventions-then-double-down/	"The common medical advice to eat less and exercise more doesn't really help most patients...whenever people decrease their calories, they activate a bunch of hormones and neurochemicals within their brain, within their gut, that drive the weight to come back on. So we're failing people all the time when we say go on a diet so they can lose a little bit of weight, [because they often] regain all of it, if not more,"
Australian National Medical Health and Research Council Obesity	<a "="" href="https://www.nourishedapproach.com.au/2017/12/04/the-insanity-of-our-clinical-guidelines-for-the-management-of-" ov*rweight"-and-obesity="">https://www.nourishedapproach.com.au/2017/12/04/the-insanity-of-our-clinical-guidelines-for-the-management-of-"ov*rweight"-and-obesity/	"Weight regain is common after weight loss that is achieved with lifestyle interventions. Weight loss is maximal at six to 12 months. Regardless of the degree of initial weight loss, most weight is regained within a two-year period and by five years the majority of people are at their pre-intervention body weight" Grade A Evidence
Methods for voluntary weight loss and control. NIH Technology Assessment Conference Panel.	https://pubmed.ncbi.nlm.nih.gov/8363212/	"In controlled settings, participants who remain in weight loss programs usually lose approximately 10% of their weight. However, one third to two thirds of the weight is regained within 1 year, and almost all is regained within 5 years."
The Results of Treatment for Obesity A Review of the Literature and Report of a Series	https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/562795	This is the first study that is typically credited with the 95% failure rate number
Can anyone successfully control their weight? Findings of a three year community-based study of men and women	https://www.nature.com/articles/0801374	"More than half (53.7%) of the participants in the study gained weight within the first twelve months, only one in four (24.5%) successfully avoided weight gain over three years, and less than one in twenty (4.6%) lost and maintained weight successfully. "

SCIENCE + OTHER RESOURCES

Theme: Other helpful info

Name	Link	Notes
FREE "Don't Weigh Me" Cards for Doctor Visits	https://more-love.org/free-dont-weigh-me-cards/	They will post business cards to you!
The obesity 'crisis' is a myth	https://nypost.com/2015/03/22/why-dieting-doesnt-work/	Excerpt from Harriet Brown's book "Body of Truth: How Science, History and Culture Drive Our Obsession with Weight — and What We Can Do About It"
The weight of stigma: Cortisol reactivity to manipulated weight stigma	https://onlinelibrary.wiley.com/doi/full/10.1002/oby.20959	Weight loss causes harm
Stigma Experienced by Children and Adolescents With Ob*sity	https://pediatrics.aappublications.org/content/140/6/e20173034	Weight Stigma causes harm
Low bone mass in premenopausal chronic dieting "ob*se" women	https://pubmed.ncbi.nlm.nih.gov/15164118/	"Weight loss is associated with osteoporosis, meanwhile being fat generally protects you from bone thinning." - Fat Doctor UK
Weight loss from maximum body weight and mortality: the Third National Health and Nutrition Examination Survey Linked Mortality File	https://pubmed.ncbi.nlm.nih.gov/20212495/	"Weight loss of 15% or more from maximum body weight is associated with increased risk of death from all causes among "ov*rweight" men and among women regardless of maximum BMI."
Socioeconomic and behavioral risk factors for mortality in a national 19-year prospective study of U.S. adults	https://pubmed.ncbi.nlm.nih.gov/20226579/	"Compared to those in the "normal" weight category, neither overw*ight nor ob*sity was significantly associated with the risk of mortality. Among adults age 55 and older at baseline, the risk of mortality was actually reduced for those who were overw*ight (hazard rate ratio = 0.83) and those who were ob*se (hazard rate ratio = 0.68), controlling for other health risk behaviors and health status. Having a low level of physical activity was a significant risk factor for mortality (hazard rate ratio = 1.58)."
Healthy lifestyle habits and mortality in "ov*rweight" and "ob*se" individuals. Matheson et al.	https://pubmed.ncbi.nlm.nih.gov/22218619/	11, 761 cis men and women in the study. Showed that the more "healthy" habits you engaged in meant that the risk of mortality was pretty much the same no matter the BMI. Habits they reviewed were 5 servings of fruit and veg a day, exercise more than 12 times per month, alcohol drink up to 1 time per day for cis women and 2 per day for cis men, and non-smoking. Note: These were labelled as "healthy habits" however these habits may not be healthy for everyone. Example someone who has gastrointestinal issues eating 5 fruit/veg a day could make them sick. Note: the differences in risk in BMI for the 0 healthy habits cannot be attributed to having more fat on their body.
QRISK®3-2018 risk calculator	https://qrisk.org/three/index.php	Calculate your risk of a stroke or heart attack. Anything unless 10% is considered low risk.

WHO OR WHAT ARE YOU GOING TO FOLLOW OR JOIN OR READ
FIRST? REMEMBER, IT'S NOT A RACE IF YOU'RE OVERWHELMED
JUST DO ONE THING.



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