

To view an archived recording of this presentation please click the following link:

<https://youtu.be/AvrjMufmxpQ>

Please scroll down this file to view a copy of the slides from the session.

#### Disclaimer

**This document was created by its author and/or external organization. It has been published on the Public Health Ontario (PHO) website for public use as outlined in our Website Terms of Use. PHO is not the owner of this content. Any application or use of the information in this document is the responsibility of the user. PHO assumes no liability resulting from any such application or use.**



Ontario Dietitians in Public Health  
Diététistes en santé publique de l'Ontario

# Towards a Weight-Inclusive Approach in Public Health

**Presented by:**

Jessica Love (in place of Sharmini Balakrishnan) and Amy MacDonald,  
Ontario Dietitians in Public Health (ODPH)

PHO Rounds Webinar July 10, 2024

## ***Disclosures:***

*Amy and Jess are employed as a Public Health Dietitians at Ontario Public Health Units and members of Ontario Dietitians in Public Health.*

*Both have received partial coverage of expenses as speakers at Dietitians of Canada conferences.*

*Personal disclosure: both have OMERS pension plans and mutual funds.*

# Ontario Dietitians in Public Health (ODPH)

## Our Vision

- ▶ Ontario Dietitians in Public Health are recognized and valued as leaders in public health nutrition working to promote the health of Ontarians

## Our Mission

- ▶ To advance public health nutrition through member and partner collaboration in order to improve population health and health equity locally and provincially



Ontario Dietitians in Public Health  
Diététistes en santé publique de l'Ontario

[www.odph.ca](http://www.odph.ca)

# ODPH Body Diversity Workgroup

## Acknowledgements

**Sharmini Balakrishnan, MPH, RD**  
**Karen Bellemore, RD**  
**Cristina Benea, MPH, RD**  
**Claire Bilik, RD**  
**Candace Cunningham, RD**  
**Shannon Edmonstone, MAN, RD**  
**Candice Einstoss, MHSc, RD**  
**Kelly Ferguson, MScFN, RD**  
**Kathryn Forsyth, RD**

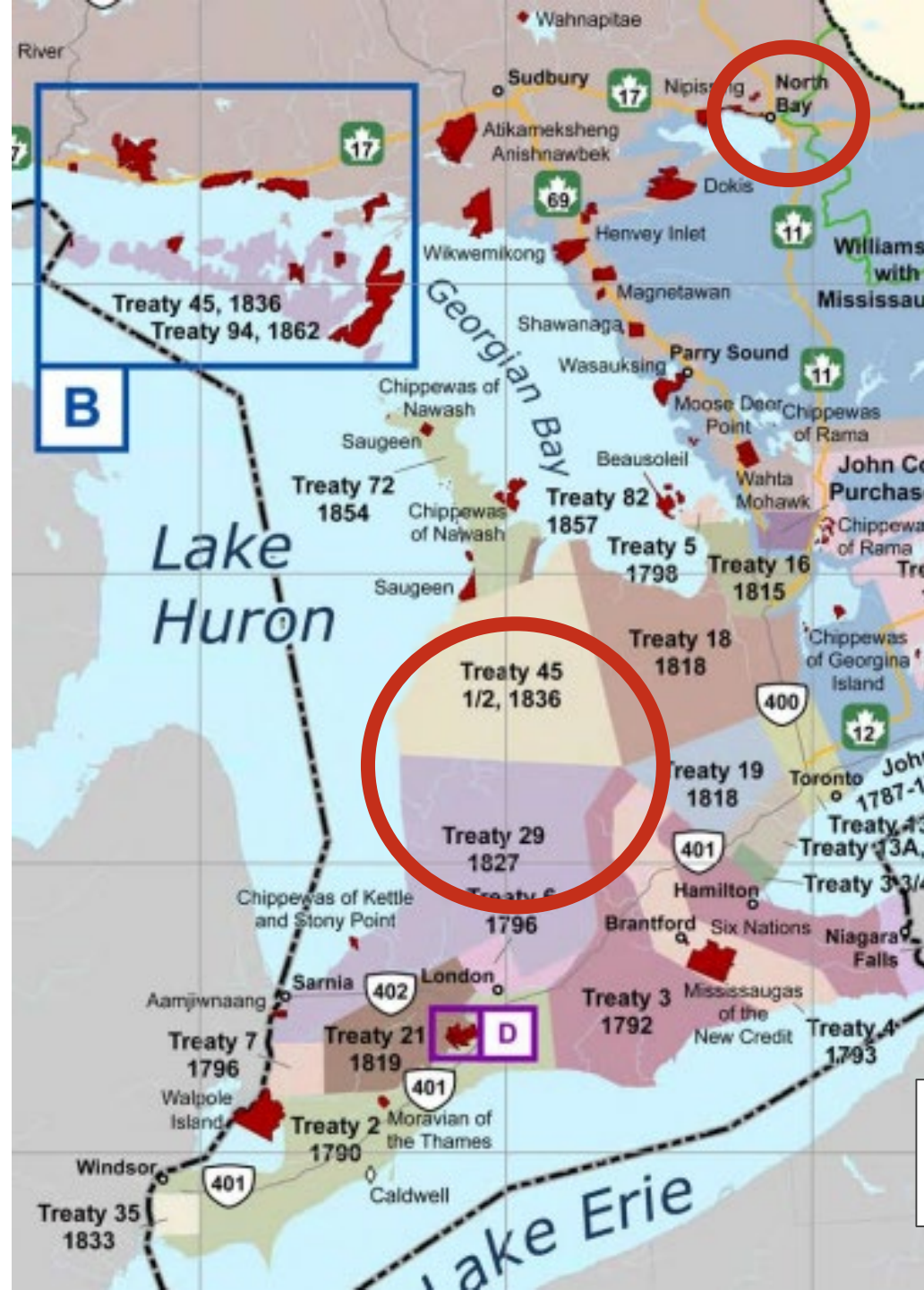
**Renee Gaudet, RD, BASC, MHSc**  
**Danielle Labonte, MPH, MAN, RD**  
**Jessica Love, RD**  
**Amy MacDonald, RD, MScFN**  
**Rim Mouhaffel, MPH, RD**  
**Elizabeth Smith, RD, MPH**  
**Jessica Torresano, RD, MPH**  
**Sarah Tsang, RD, MHSc**

**Past and Present Subgroup Members, Authors**

# Learning Objectives:

1. Describe why an intersectional approach to addressing weight bias is an important health equity and social justice issue of public health importance
2. Identify opportunities for addressing weight bias within their public health unit or organization
3. Identify actions they can take to address weight bias within their workplace in ways that align with equity, diversity and inclusion priorities

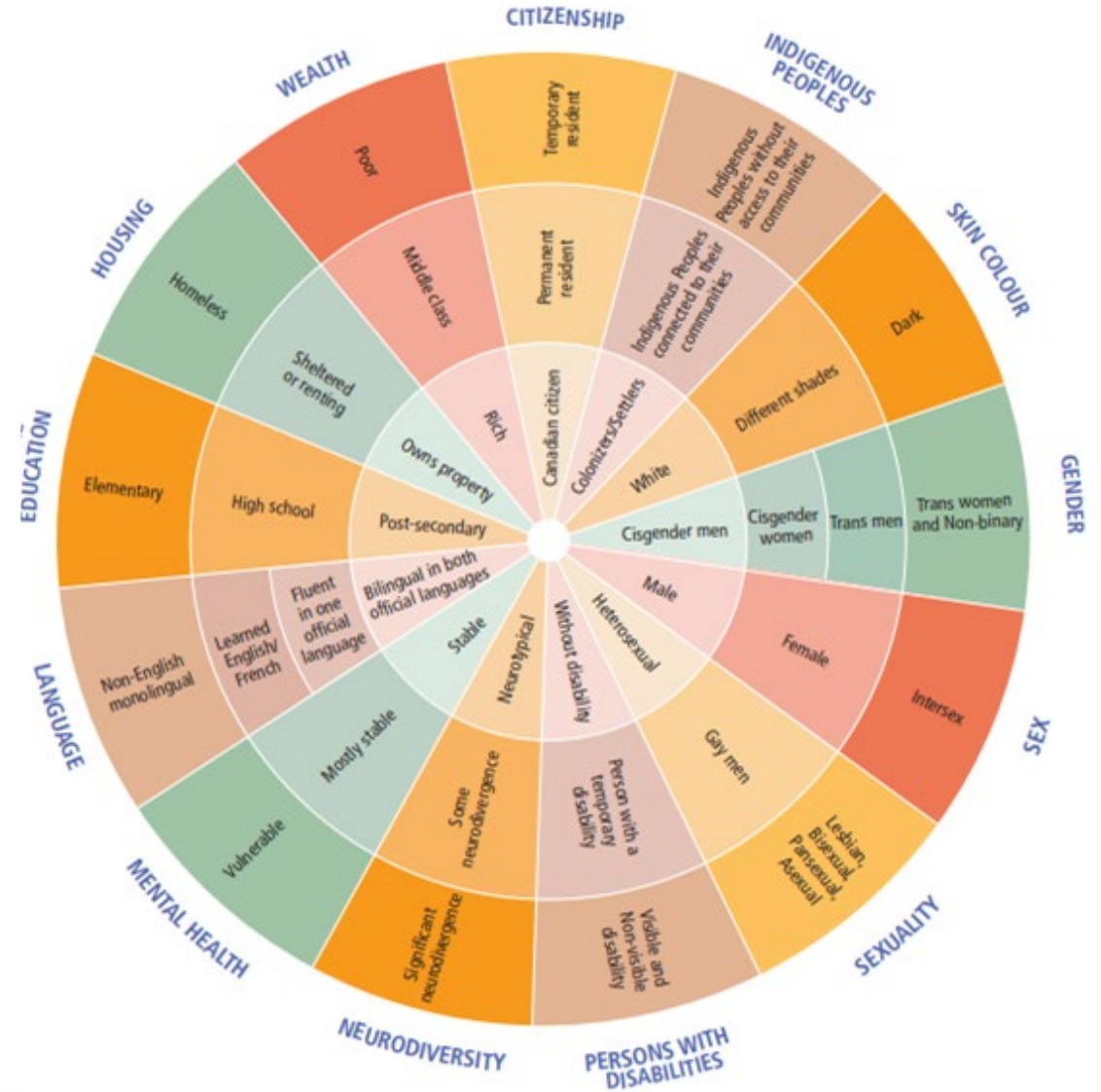
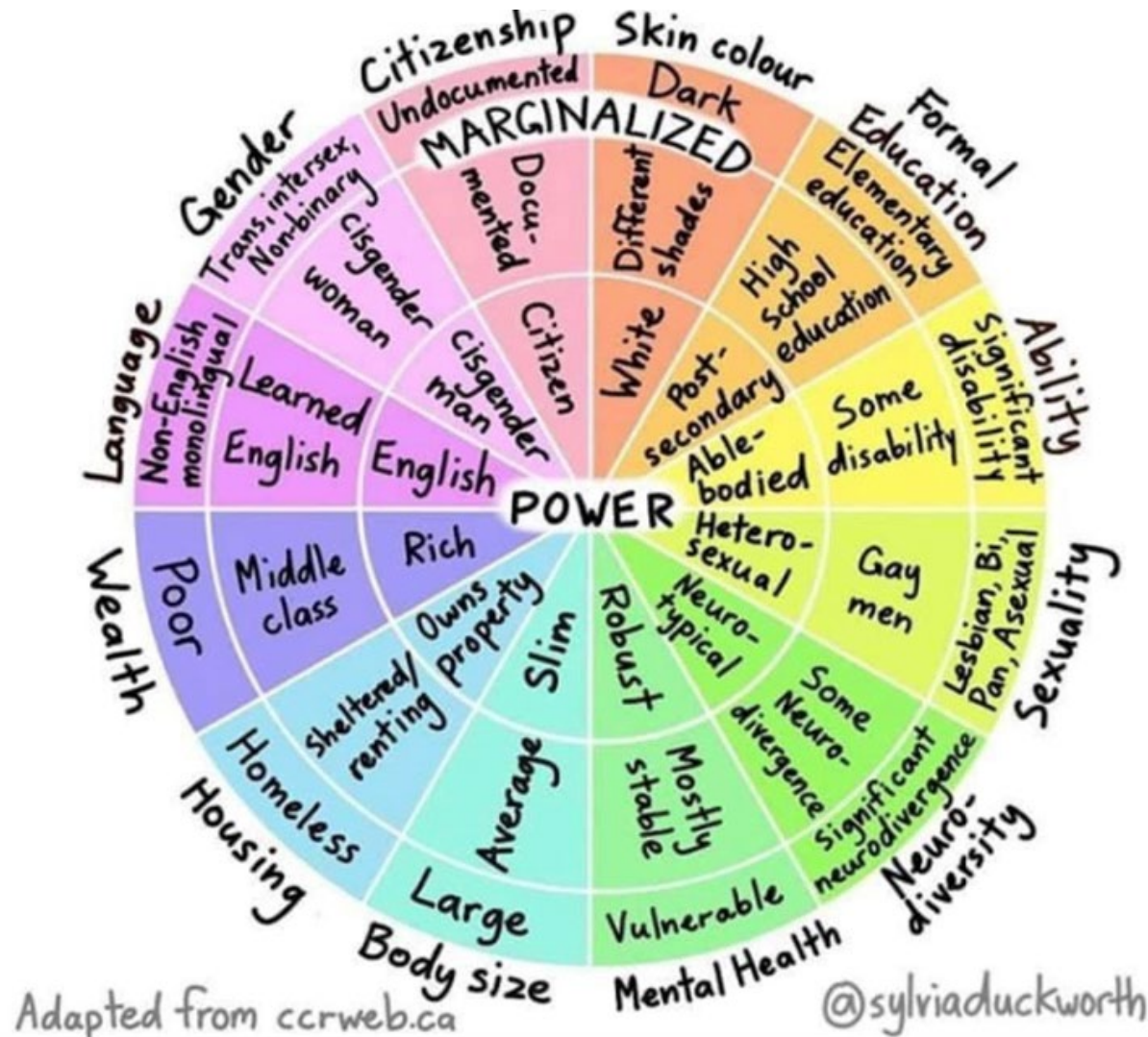
# Land Acknowledgement



[files.ontario.ca/firstnationsandtreaties.pdf](https://files.ontario.ca/firstnationsandtreaties.pdf)



# Acknowledging Power and Privilege



<https://sdpride.org/wp-content/uploads/2022/11/Wheel-of-Power-Privilege-Sylvia-Duckworth.pdf> and <https://www.canada.ca/content/dam/ircc/documents/pdf/english/corporate/anti-racism/wheel-privilege-power.pdf>



# Acknowledging Privilege

- ▶ Work at local public health units, funded by provincial and municipal governments
- ▶ Power as regulated health professionals and being paid professionals
- ▶ Dietetics shaped by colonialism and White supremacy
  - “White cis-gender middle and upper class women” as traditional RD
  - Unethical nutrition experiments on Indigenous children in the residential school system: informed the development of Canada’s Food Guide

(ODPH Position Statement Coming Soon 2024; ODPH [“History of Canada’s Food Guide from 1947-2007.”](#) 2023; [Brady, 2018](#); [Atkins & Brady, 2018](#); [Reamer 2016](#); [White, 2013](#))

# Terms

- ▶ **Weight Bias:** Negative attitudes, beliefs, assumptions and judgements towards individuals based on their weight, shape, appearance or BMI
- ▶ **Weight stigma:** When people are labelled and stereotyped based on their body size.
- ▶ **Weight discrimination:** Unjust treatment of people in larger bodies.

[www.odph.ca/addressing-weight-bias-resources](http://www.odph.ca/addressing-weight-bias-resources)

Health outcomes  
associated with weight

Health behaviours

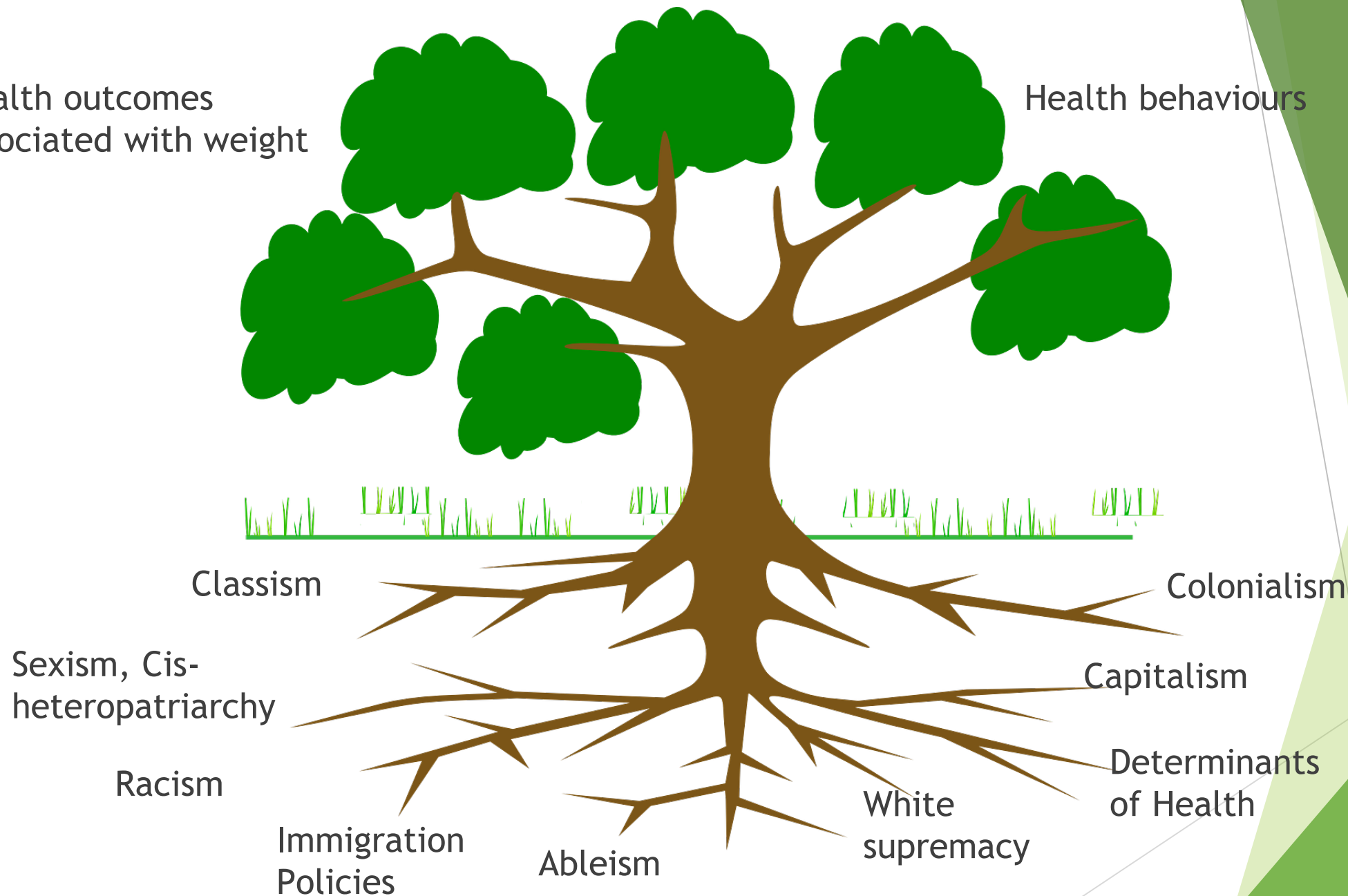


Image by [Cler-Free-Vector-Images](#) from [Pixabay](#). Inspired by [NCCDH, 2024](#).

# ODPH Position Statement, 2024

## **Target audience:**

- ▶ Public health dietitians/public health nutritionists and public health colleagues
- ▶ Other professionals and community partners

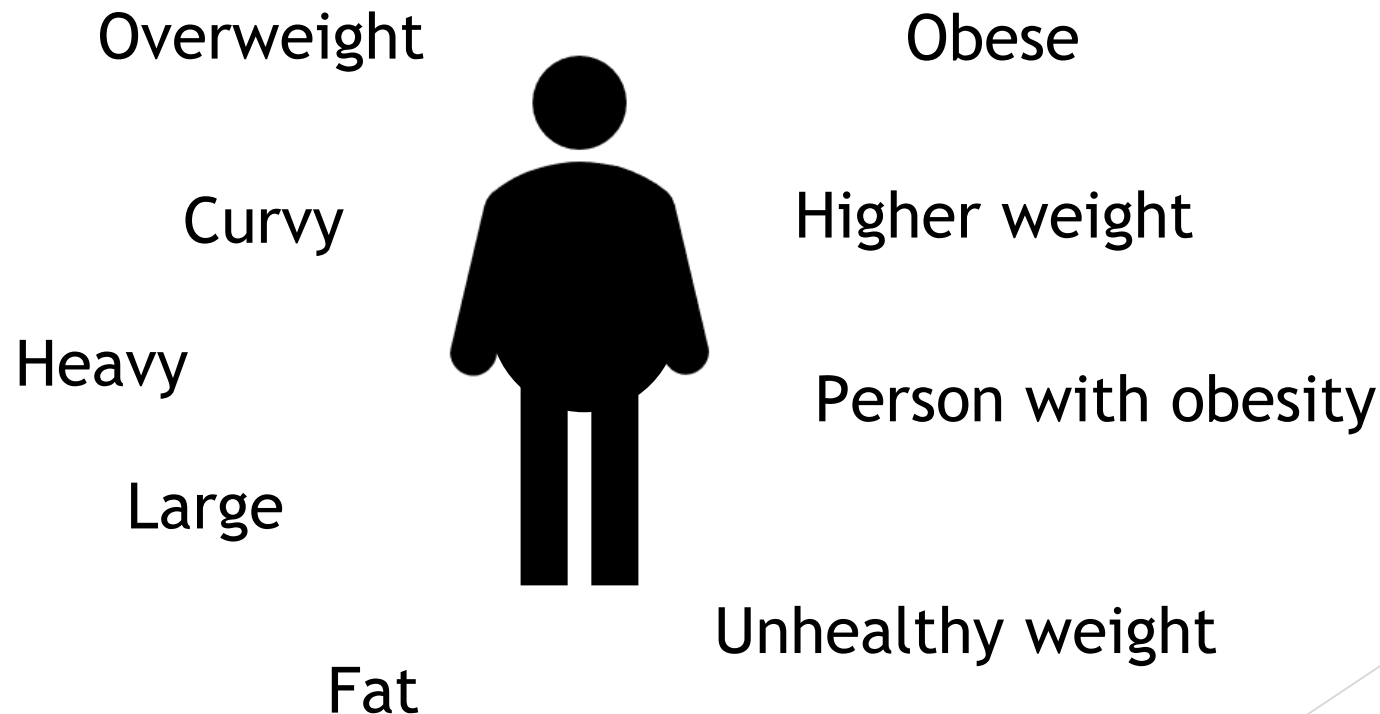
**Purpose:** To explain why public health should be taking a weight-inclusive approach to health promotion and health care and to provide recommendations for how to do so.

**Objectives:** To support those who use the position statement to make their organization and initiatives/projects more weight inclusive

# Discussion on Language

What words do we use to describe body size?

What are the pros/cons of using any of these words?



Ragen Chastain Weight  
and Healthcare  
newsletter  
[“Inclusive Language for  
Higher-Weight People.”](#)  
Nov 3, 2021.



# ODPH Position on Language

- ▶ “Obese” and “overweight” medicalize & pathologize larger bodies; are rooted in racism and sexism
- ▶ We use:
  - “obesity” & “overweight” when citing research
  - ‘higher weight’ or ‘larger bodied’ otherwise
- ▶ Others use ‘fat’:
  - Preferred term by fat activists
  - We support its use in the appropriate context

# Health

“Research shows that the social determinants can be more important than health care or lifestyle choices in influencing health.” - WHO (1948)

- ▶ Shift from “what’s the matter with you?” to “what matters to you?”
- ▶ Risks of focusing solely on health behaviours:
  - Increase stigma and blames individual
  - Moralization of health (worth tied to health status)

([Crawford, 1980](#); [WHO 2008](#); [WHO, 1998](#); [Mundel & Chapman, 2010](#); [Huber, 2011](#); [Lebesco, 2011](#); [Amzat & Razum, 2014](#); [Auger \*et al\*, 2016](#); [Lee & Pausé, 2016](#); [Crammond & Carey, 2016](#); [Brown, 2018](#); [Leonardi, 2018](#); [Ambwani \*et al\*, 2020](#); [Richardson & Crawford, 2020](#); [Braveman \*et al\*, 2022](#); [Olstad \*et al\*, 2019](#); [Lau & Kurrein, 2020](#); [Ng, 2023](#))

# Roots of Weight Bias - Anti-Black Racism and Colonialism

- ▶ Origins in transatlantic slave trade and spread of White Anglo-Saxon Protestantism in Europe and Americas
- ▶ Skin colour, and other physical features, used to rank people
  - ▶ Beauty and intelligence = thin White bodies
  - ▶ Idle, lazy, hypersexual, and morally corrupt = Black Africans and other races (non-White)

# Roots of Weight Bias - Anti-Black Racism and Colonialism

- ▶ Settler colonizers created system of policies and legislation to dehumanize Indigenous peoples and to destroy, eradicate, and replace Indigenous cultures, structures, practices and ways of knowing
- ▶ Believed that slender bodies were racially and morally superior; thinness = American exceptionalism
- ▶ MMIWG2S: bodies were to be controlled and continue to be today

([Assembly of First Nations, 2018](#); [Truth and Reconciliation Commission, 2015](#), [MMIWG, 2019](#); [Strings, 2019](#); [Robinson, 2019](#))

# History of the Body Mass Index

- ▶ Invented nearly 200 years ago by Adolphe Quetelet
- ▶ Early 1900's: Height/weight tables by Insurance companies
- ▶ 1970's: Ancel Keys rebrands QI as BMI
- ▶ 1995: WHO “the method used to establish BMI cut-off points has been largely arbitrary”
- ▶ 1995: Industry-funded International Obesity Task Force formed
- ▶ 1998: US adopted and relabelled WHO BMI categories

([WHO, 1995](#); [Keys \*et al\*, 1972](#), reprinted 2014; [Blackburn & Jacobs, 2014](#); [Nuttall, 2015](#); [Komaroff, 2016](#); [Strings, 2023](#))



# History of the Body Mass Index

- ▶ BMI was not originally developed for use specifically as an index of fatness
- ▶ BMI has serious limitations when used as an indicator of percent of body fat mass
- ▶ Misleading in regard to effects of body fat mass on mortality rates

**AMA Journal of Ethics®**

*Illuminating the Art of Medicine*

JUL 2023

**How We Over Rely on BMI**

Volume 25, Number 7: E467-572

<https://journalofethics.ama-assn.org/issue/how-we-over-rely-bmi>

([Keys et al, 1972, reprinted 2014](#); [Blackburn & Jacobs, 2014](#); [Nuttall, 2015](#); [Komaroff, 2016](#); [Flegal et al, 2007](#); [Flegal et al, 2013](#); [Flegal, 2021](#); [Flegal, 2023](#); [Strings, 2023](#))

# Research on Weight

- ▶ “Obesity” prevention and control research is **highly funded** vs. research weight bias, stigma, and discrimination
- ▶ Majority of **researchers and participants not diverse**
- ▶ NO strong evidence of **long-term weight loss**.
  - Weight regained within 2-years, by 5 years majority at their pre-intervention body weight
  - More likely experience weight cycling
  - Weight loss attempts increase risk of disordered eating and eating disorders

([Australia Clinical Practice Guidelines](#); [Tylka et al., 2014](#); [Alberga et. al., 2016](#); [Friedman et. al, 2020](#))

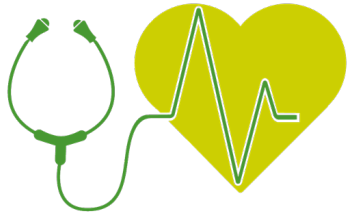
# Weight and Health

- ▶ Relationship is complex
  - Presumption that high weight causes poor health
  - Correlation does not mean causation
  - Weight stigma and weight cycling are confounding factors
  - Stress caused by experiencing weight stigma and discrimination and the influence of the social determinants of health increases health risk

([Australia Clinical Practice Guidelines](#); [Tylka et al., 2014](#); [Alberga et. al., 2016](#); [Friedman et. al, 2020](#); [Wiebe et al, 2021](#))

# Weight Bias is Pervasive

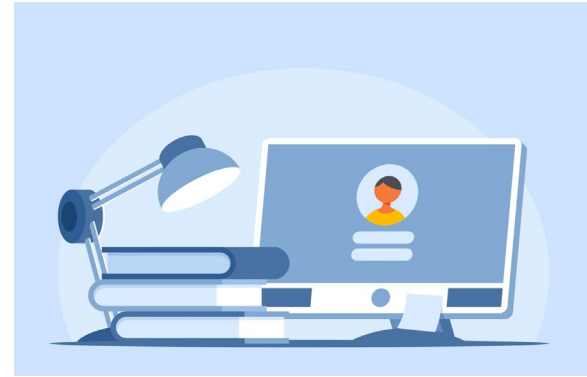
## 1. Healthcare



## 2. Media



## 3. Workplaces



## 4. Schools



## 5. Interpersonal Relationships



# Public Health's Role in Perpetuating Weight Bias

- ▶ Framing “obesity” as a public health crisis or epidemic, and economic burden
  - Often use aggressive and disrespectful language
  - Campaigns that frame “obesity” as a public health crisis do not increase motivation to improve one’s health and decrease feelings of self-efficacy over one’s health status
- ▶ Focusing on weight as a modifiable chronic disease risk factor that can be controlled by an individual’s behaviour change

(Toronto Public Health, 2019; [Rinaldi et al., 2017](#); [Alberga et al., 2018](#); [Public Health Agency of Canada, 2011](#); [Tylka et al., 2014](#))



# Three Weight Paradigms



# Weight-Normative/Weight-Centred

- ▶ Weight loss to improve health
- ▶ Blame is placed on individuals, fear-based messaging is often used to motivate one to lose weight
- ▶ Promotes modified eating behaviours and physical activity as a means to lose weight

([Nutter et al., 2016](#); [PEN, 2019](#); [PEN, 2023](#))

# Health/Complication-centric Approach

- ▶ Views “obesity” as a chronic disease
- ▶ Acknowledges the impacts of weight stigma and the various factors that affect weight change
- ▶ Acknowledges the inaccuracy of using BMI (may use alternative assessment tools)
- ▶ May advocate for weight loss surgery/pharmaceutical interventions

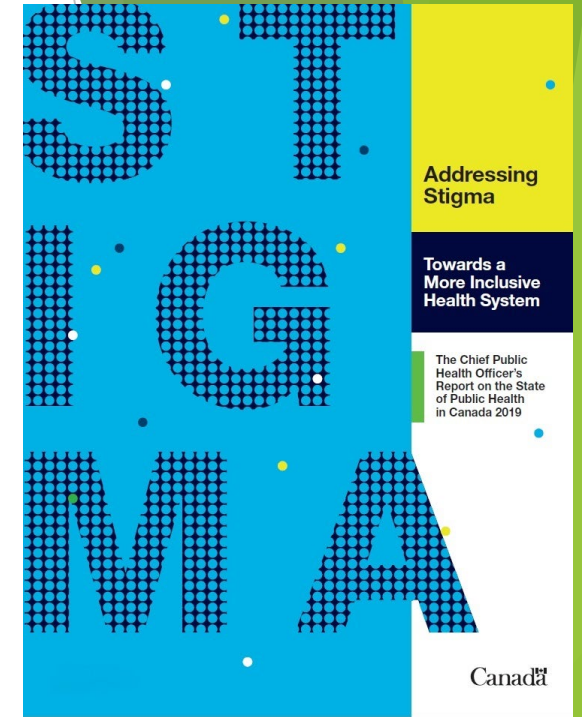
([Nutter et al., 2016](#); [PEN, 2019](#); [PEN, 2023](#))

# Weight-Inclusive Approach

- ▶ Social justice-oriented and anti-oppressive approach
- ▶ Focuses on dismantling systems of oppression for those with higher weights/larger bodies
- ▶ Addresses impact of weight-based discrimination and SDH on health
- ▶ Recognizes that weight and BMI are inaccurate indicators of health
- ▶ Against the idea of “obesity” being a disease or the use of the term “obesity”

# Addressing Stigma: Toward a More Inclusive Health System

- ▶ Begins with the labelling of differences and negative stereotyping of people
- ▶ “Us” vs. “Them”
- ▶ Devalued, subjected to discrimination, unjust treatment, exclusion
- ▶ Inequitable social and health outcomes
- ▶ People and institutions with resources and power shape “norms”



(PHAC. [“Addressing Stigma: Towards a More Inclusive Health System.”](#) 2019)



# Weight-Inclusive Recommendations for Public Health Practice

1. Collaboration and Partnership
2. Communications
3. Supportive Environments and Policy
4. Education and Training/Capacity Building



Ontario Dietitians in Public Health  
Diététistes en santé publique de l'Ontario

# Recommendations:

## Collaboration and Partnership

- ▶ Foster partnership and collaboration
  - Consult with local partners and communities
  - Ensure individuals with lived experience (e.g., those living in larger bodies) are compensated appropriately and commit to amplifying their voices as experts
- ▶ Raise awareness of weight bias, stigma, and discrimination, through training and advocacy initiatives
- ▶ Empower & support partners to update policies, resources, and discontinuing harmful programs/messaging

# Recommendations: Communications

- ▶ Update and advocate for updates of resources and messages
  - Avoid “healthy weights”, “normal weight”, and BMI categories
  - Avoid using the terms “obesity” or “overweight” in messaging
  - Avoid listing “obesity” as a chronic disease and framing it as a public health crisis (or using violent connotations)
- ▶ Use positive, non-stigmatizing images.

# Recommendations: Supportive Environments and Policy

- ▶ Physical spaces furniture and equipment designed to accommodate people of diverse body sizes
- ▶ Ask clients how the space may be changed so that they feel safer and more comfortable
- ▶ Remove items that promote thin ideal or may stigmatize larger bodies
- ▶ Advocate for upstream programs and policies that address the SDH instead of focusing specifically on individual behaviour change

# Recommendations: Education and Training/Capacity Building

- ▶ Public health professionals, educators, community partners, and related provincial organizations
- ▶ Promote and distribute position statement for consistency in messaging
- ▶ Encourage critical self-reflection of personal attitudes, biases, beliefs, cultural identity, and privilege
- ▶ Improve skills and knowledge
- ▶ Commit to unlearning colonial narratives of racial superiority and oppression, and how this intersects with weight-based discrimination

# Case Studies in Position Statement: Practical Examples to Reduce Weight Bias

1. Community initiative to address weight and health
2. Workplace interested in a weight loss challenge
3. Individuals with weight and body concerns
4. Quitting smoking
5. School concern re: students with “unhealthy” lunches
6. School concerns about disordered eating
7. Concerns with infant growth
8. Taking a weight when medically indicated
9. Parent concerned with a coach’s emphasis on weight
10. Diet culture in conversations
11. Weight bias in health care settings

# Key Concepts

- ▶ All bodies are worthy of equitable care, regardless of size, weight, ability, health status, eating pattern, and physical activity choices
  - ▶ Importance of non-judgement
- ▶ Health is independent of weight. Weight and BMI are inaccurate indicators of health.
- ▶ Bodies have, and continue to, come in a range of shapes and sizes that are largely influenced by factors beyond individual control

[www.odph.ca/addressing-weight-bias-resources](http://www.odph.ca/addressing-weight-bias-resources)



# Example:

## Weight bias in health care settings

A client comes into the Health Unit to access services. The clinical equipment (e.g. gown, exam table, blood pressure cuff, vaccine needle) or furniture is not appropriate and doesn't meet their needs.

## What to Say/Do:

- ▶ Apologize and own our failure. Assure it is not their fault.
- ▶ Make adjustments in order to provide services in a non stigmatizing way
- ▶ Use the opportunity to think about how we can ensure our spaces will be accessible to all bodies and to prevent future incidents
- ▶ Bring the issue forward to accessibility committee
- ▶ Refer to ODPH Checklist (will be available in French) and implement changes

“The only thing that anyone can diagnose, with any certainty, by looking at a fat person, is their own level of stereotype and prejudice towards fat people.”

- Marilyn Wann, The Fat Studies Reader



(<https://nyupress.org/9780814776315/the-fat-studies-reader/>)

# Ontario Dietitians in Public Health: Position, 2024

- ▶ **Weight bias** and the resulting **stigma** and **discrimination** is a significant public health problem and social justice issue that leads to health inequities.
- ▶ Public health must **not** frame higher weights as a disease or epidemic as this contributes to weight discrimination.
- ▶ A **weight inclusive approach** reduces harm and promotes health for individuals in larger bodies. All public health professionals need to work together to support a weight-inclusive approach that improves health outcomes for all.



Ontario Dietitians in Public Health  
Diététistes en santé publique de l'Ontario

# Thank You!

**Sharmini Balakrishnan, MPH, RD**  
[sharminib@chatham-kent.ca](mailto:sharminib@chatham-kent.ca)

**(Jessica Love, RD**  
[jessica.love@healthunit.ca](mailto:jessica.love@healthunit.ca))

**Amy MacDonald, RD, MScFN**  
[amacdonald@hpph.ca](mailto:amacdonald@hpph.ca)

**Position Statement & Resources**  
[www.odph.ca/addressing-weight-bias-resources](http://www.odph.ca/addressing-weight-bias-resources)

# References

- Government of Ontario. First Nations and Treaties. 2014. <https://files.ontario.ca/firstnationsandtreaties.pdf>
- Duckworth, S. Wheel of Power/Privilege. 2022. Available from: <https://sdpride.org/wp-content/uploads/2022/11/Wheel-of-Power-Privilege-Sylvia-Duckworth.pdf>
- Government of Canada. Wheel of Privilege and Power. N.D. <https://www.canada.ca/content/dam/ircc/documents/pdf/english/corporate/anti-racism/wheel-privilege-power.pdf>
- Peggy MacIntosh. "White Privilege: Unpacking the Invisible Knapsack" first appeared in *Peace and Freedom Magazine*. Jul/August. 1989. pp. 10-12. a publication of the Women's International League for Peace and Freedom, Philadelphia, PA. Available at: <https://www.nationalseedproject.org/key-seed-texts/white-privilege-unpacking-the-invisible-knapsack>
- ODPH. Towards a Weight-Inclusive Approach in Public Health: A Position Statement by the Ontario Dietitians in Public Health. 2024 Available from: [odph.ca](https://odph.ca).
- ODPH. [History of Canada's Food Guide from 1947-2007](https://www.odph.ca/advocacy). 2023. Available from: <https://www.odph.ca/advocacy>
- Brady, J. Toward a critical, feminist sociology of expertise. *Journal of Professions and Organization*. 2018;5(2):123-138. doi: [10.1093/jpo/jpy004](https://doi.org/10.1093/jpo/jpy004)
- Atkins J & Brady J. Queer theory & dietetics education: interrupting heteronormativity. *Journal of Critical Dietetics*. 2016;3(1):24-34. doi: [10.32920/cd.v3i1.660](https://doi.org/10.32920/cd.v3i1.660)
- Reamer BV. Lack of social support and acceptance as a person of color in dietetics. *Journal of Critical Dietetics*. 2016;3(1):21-23. doi: [10.32920/cd.v3i1.657](https://doi.org/10.32920/cd.v3i1.657)
- White J. "Hearing the voices": African American nutrition educators speak about racism in dietetics. *Journal of Critical Dietetics*. 2013;1(3):26-35. doi: [10.32920/cd.v1i3.606](https://doi.org/10.32920/cd.v1i3.606)
- NCCDH. Let's Talk Determinants of Health. National Collaborating Centre for Determinants of Health. 2024. <https://nccdh.ca/resources/entry/lets-talk-determinants-of-health>
- ODPH. Language and Terms Handout. Ontario Dietitians in Public Health. 2024. Available at: [www.odph.ca/addressing-weight-bias-resources](https://www.odph.ca/addressing-weight-bias-resources)
- Chastain R. Inclusive Language for Higher-Weight People. *Weight and Healthcare newsletter*: Nov 3, 2021. Available from: <https://weightandhealthcare.substack.com/>
- Strings S. *Fearing the Black Body: The Racial Origins of Fat Phobia*, New York: NYU Press, 2019.
- Harrison DL. *Belly of the Beast: The Politics of Anti-Fatness as Anti-Blackness*, North Atlantic Books, 2021.
- Puhl RM. "What words should we use to talk about weight? A systematic review of quantitative and qualitative studies examining preferences for weight-related terminology," *Obesity Reviews : An Official Journal of the International Association for the Study of Obesity*, vol. 21, no. 6, pp. 1-28, 2020. doi: [10.1111/obr.13008](https://doi.org/10.1111/obr.13008)
- Calogero RM, Tylka TL, Mensinger JL, Meadows A & Daníelsdóttir S. "Recognizing the fundamental right to be fat: A weight-inclusive approach to size acceptance and healing from sizeism," *Women & Therapy*, vol. 42, no. 1-2, pp. 22-44, 2019. doi: [10.1080/02703149.2018.1524067](https://doi.org/10.1080/02703149.2018.1524067)
- Meadows A & Daníelsdóttir S. "What's in a word? On weight stigma and terminology," *Frontiers in Psychology*, vol. 7, p. 1527, 2016. doi: [10.3389/fpsyg.2016.01527](https://doi.org/10.3389/fpsyg.2016.01527)

# References

- Crawford R. "Healthism and the medicalization of everyday life," *International Journal of Social Determinants of Health and Health Services*, vol. 10, no. 3, 1980. doi: [10.2190/3H2H-3XJN-3KAY-G9NY](https://doi.org/10.2190/3H2H-3XJN-3KAY-G9NY)
- WHO. Social determinants of health. World Health Organization. 2008. Available from: <https://www.who.int/health-topics/social-determinants-of-health>
- WHO. Health promotion glossary. World Health Organization. 1998. [WHO/HPR/HEP/98.1](https://www.who.int/publications-detail/who-hpr-hep/98.1)
- Mundel E & Chapman GE. "A decolonizing approach to health promotion in Canada: the case of the Urban Aboriginal Community Kitchen Garden Project," *Health Promotion International*, vol. 25, no. 2, pp. 166-173, 06 2010. doi: [10.1093/heapro/daq016](https://doi.org/10.1093/heapro/daq016)
- Huber et. al. "How should we define health?," *British Medical Association Journal*, vol. 343, 26 July 2011. doi: [10.1136/bmj.d4163](https://doi.org/10.1136/bmj.d4163)
- LeBesco K. "Neoliberalism, public health, and the moral perils of fatness," *Critical Public Health*, vol. 21, no. 2, pp. 153-164, June 2011. doi: [10.1080-09581596.2010.529422](https://doi.org/10.1080-09581596.2010.529422)
- Amzat J & Razum O. "Health, disease, and illness as conceptual tools," *Medical Sociology in Africa*, pp. 21-37, February 2014. doi: [10.1007/978-3-319-03986-2\\_2](https://doi.org/10.1007/978-3-319-03986-2_2)
- Auger M, Howell T & Gomes T. "Moving toward holistic wellness, empowerment and self-determination for Indigenous peoples in Canada: Can traditional Indigenous health care practices increase ownership over health and health care decisions?," *Canadian Journal of Public Health*, vol. 107, pp. e393-e398, 2016. doi: [10.17269/cjph.107.5366](https://doi.org/10.17269/cjph.107.5366)
- Lee JA & Pause CJ. "Stigma in practice: Barriers to health for fat women," *Frontiers in Psychology*, vol. 7:2063, December 2016. doi: [10.3389/fpsyg.2016.02063](https://doi.org/10.3389/fpsyg.2016.02063)
- Crammond BR & Carey G. "What do we mean by 'structure' when we talk about structural influences on the social determinants of health inequalities?," *Social Theory and Health*, vol. 15, pp. 84-98, 2017. doi: [10.1057-s41285-016-0020-3](https://doi.org/10.1057-s41285-016-0020-3)
- Brown RC. "Resisting moralisation in health promotion," *Ethical Theory and Moral Practice*, vol. 21, no. 4, pp. 997-1011, 2018. doi: [10.1007/s10677-018-9941-3](https://doi.org/10.1007/s10677-018-9941-3)
- Leonardi F. "The definition of health: towards new perspectives," *International Journal of Health Services*, vol. 48, no. 4, pp. 735-748, 14 June 2018. doi: [10.1177/0020731418782653](https://doi.org/10.1177/0020731418782653)
- Ambwani S, Sellinger G, Rose KL, Richmond TK & Sonnevile KR. ""It's healthy because it's natural." perceptions of "clean" eating among U.S. adolescents and emerging adults," *Nutrients*, vol. 12, no. 6, p. 1708, June 2020. doi: [10.3390/nu12061708](https://doi.org/10.3390/nu12061708)
- Richardson L & Crawford A. "COVID-19 and the decolonization of Indigenous public health," *Canadian Medical Association Journal*, vol. 192, no. 38, pp. E1098-1100, 21 September 2020. doi: [10.1503/cmaj.200852](https://doi.org/10.1503/cmaj.200852)
- Braveman PA, Arkin E, Proctor D, Kauh T & Holm N. "Systemic and structural racism: Definitions, examples, health damages, and approaches to dismantling," *Health Affairs*, vol. 41, no. 2, pp. 171-178, February 2022. doi: [10.1377/hlthaff.2021.01394](https://doi.org/10.1377/hlthaff.2021.01394)



# References

- Olstad DL, Campbell NRC & Raine KD. Diet quality in Canada: policy solutions for equity. CMAJ. 2019 Jan 28;191(4):E100-E102. doi: [10.1503/cmaj.180938](https://doi.org/10.1503/cmaj.180938)
- Lau H & Kurrein M. Beyond the plate: Canada's food guide and health equity. BC Medical Journal. 2020;62(1):13. <https://bcmj.org/bccdc/beyond-plate-canadas-food-guide-and-health-equity>
- Ng E. The responsabilization of healthy eating and the 2019 Canada's food guide. Journal of Critical Dietetics. 2023;6(3):159-169. doi: [10.32920/cd.v6i3.1475](https://doi.org/10.32920/cd.v6i3.1475)
- Wann M. "Forward: Fat Studies: An invitation to revolution," in *The Fat Studies Reader*, E. Rothblum and S. Solovay, Eds., New York, New York University Press, 2009, pp. ix-xxv.
- Herndon AM. "Collateral damage from friendly fire?: race, nation, class and the "war against obesity"," *Social Semiotics*, vol. 15, no. 2, pp. 127-141, 2005. doi: [10.1080/10350330500154634](https://doi.org/10.1080/10350330500154634)
- Strings S. "Where does fat phobia come from?" Episode #31, in The Full Bloom Podcast. Sept 13, 2019. <https://www.fullbloomproject.com/podcast/episode-31>
- Assembly of First Nations, "Dismantling the doctrine of discovery," January 2018. [Online]. Available: <https://www.afn.ca/wp-content/uploads/2018/02/18-01-22-Dismantling-the-Doctrine-of-Discovery-EN.pdf>
- The Truth and Reconciliation Commission of Canada, "Honouring the truth, reconciling for the future. Summary of the final report of the Truth and Reconciliation Commission of Canada," 2015. [Online]. Available: [https://ehprnh2mwo3.exactdn.com/wp-content/uploads/2021/01/Executive\\_Summary\\_English\\_Web.pdf](https://ehprnh2mwo3.exactdn.com/wp-content/uploads/2021/01/Executive_Summary_English_Web.pdf)
- National Inquiry into Missing and Murdered Indigenous Women and Girls, "Reclaiming power and place: The final report of the National Inquiry into Missing and Murdered Indigenous Women and Girls, Volume 1a," 2019. [Online]. Available: [https://www.mmiwg-ffada.ca/wp-content/uploads/2019/06/Final\\_Report\\_Vol\\_1a-1.pdf](https://www.mmiwg-ffada.ca/wp-content/uploads/2019/06/Final_Report_Vol_1a-1.pdf) [Accessed 17 January 2024].
- Robinson M. "The big colonial bones of Indigenous North America's "obesity epidemic"," in *Thickening Fat*, 1st ed., Routledge, 2019, pp. 15-28.
- WHO. Physical Status: The Use and Interpretation of Anthropometry: Report of a WHO Expert Committee, Vols. World Health Organization technical report series, 854, World Health Organization, 1995. Available at: <https://www.who.int/publications/i/item/9241208546>
- Keys A, Fidanza F, Karvonen MJ, Kimura N & Taylor HL. "Indices of relative weight and obesity," *International Journal of Epidemiology*, vol. 43, no. 3, pp. 655-665, Jun 2014. (reprint from 1972) doi: [10.1093/ije/dyu058](https://doi.org/10.1093/ije/dyu058)
- Blackburn H & Jacobs D Jr, "Commentary: Origins and evolution of body mass index (BMI): continuing saga," *International Journal of Epidemiology*, vol. 43, no. 3, pp. 665-669, Jun 2014. doi: [10.1093/ije/dyu061](https://doi.org/10.1093/ije/dyu061)

# References

- Nuttall FQ. "Body mass index: Obesity, BMI, and health: A critical review," *Nutrition Today*, vol. 50, no. 3, pp. 117-128, May 2015. doi: [10.1097/NT.0000000000000092](https://doi.org/10.1097/NT.0000000000000092)
- Komaroff M. "For researchers on obesity: Historical review of extra body weight definitions," *Journal of Obesity*, vol. 2016, p. 2460285, 2016. doi: [10.1155/2016/2460285](https://doi.org/10.1155/2016/2460285)
- Flegal KM, Graubard BI, Williamson DF, Gail MH. Impact of smoking and preexisting illness on estimates of the fractions of deaths associated with underweight, overweight, and obesity in the US population. *Am J Epidemiol*. 2007 Oct 15;166(8):975-82. doi: [10.1093/aje/kwm152](https://doi.org/10.1093/aje/kwm152)
- Flegal KM, Kit BK, Orpana H & Graubard BI. "Association of all-cause mortality with overweight and obesity using standard body mass index categories," *Journal of the American Medical Association*, vol. 309, no. 1, pp. 71-82, Jan 2013. doi: [10.1001/jama.2012.113905](https://doi.org/10.1001/jama.2012.113905)
- Flegal K. "The obesity wars and the education of a researcher: A personal account," *Progress in Cardiovascular Diseases*, vol. 67, pp. 75-79, 2021. doi: [10.1016/j.pcad.2021.06.009](https://doi.org/10.1016/j.pcad.2021.06.009)
- Flegal KM. "Use and misuse of BMI categories," *AMA Journal of Ethics*, vol. 25, no. 7, pp. E550-558, 2023. doi: [10.1001-amajethics.2023.550](https://doi.org/10.1001/amajethics.2023.550)
- Strings S. How the use of BMI fetishizes white embodiment and racializes fat phobia. *AMA J Ethics*. 2023;25(7):E535-539. doi: [10.1001/amajethics.2023.535](https://doi.org/10.1001/amajethics.2023.535)
- Moynihhan R, Heath I, Henry D. Selling sickness: the pharmaceutical industry and disease mongering. *BMJ*. 2002 Apr 13;324(7342):886-91. doi: [10.1136/bmj.324.7342.886](https://doi.org/10.1136/bmj.324.7342.886)
- Moynihhan R. Obesity task force linked to WHO takes "millions" from drug firms. *BMJ*. 2006 Jun 17;332(7555):1412. doi: [10.1136/bmj.332.7555.1412-a](https://doi.org/10.1136/bmj.332.7555.1412-a)
- Moynihhan R, Henry D. The fight against disease mongering: generating knowledge for action. *PLoS Med*. 2006 Apr;3(4):e191. doi: [10.1371/journal.pmed.0030191](https://doi.org/10.1371/journal.pmed.0030191)
- Thille P. Knowledge brokering: (mis)aligning population knowledge with care of fat bodies. *Can J Public Health*. 2018 Dec;109(5-6):643-652. doi: [10.17269/s41997-018-0147-1](https://doi.org/10.17269/s41997-018-0147-1)
- Bombak AE, Adams L, Thille P. Drivers of medicalization in the Canadian Adult Obesity Clinical Practice Guidelines. *Can J Public Health*. 2022 Oct;113(5):743-748. doi: [10.17269/s41997-022-00662-4](https://doi.org/10.17269/s41997-022-00662-4)
- Fabbri A, Lai A, Grundy Q, Bero LA. The Influence of Industry Sponsorship on the Research Agenda: A Scoping Review. *Am J Public Health*. 2018 Nov;108(11):e9-e16. doi: [10.2105/AJPH.2018.304677](https://doi.org/10.2105/AJPH.2018.304677)
- Elder K, Turner KA, Cosgrove L, Lexchin J, Shnier A, Moore A, Straus S, Thombs BD. Reporting of financial conflicts of interest by Canadian clinical practice guideline producers: a descriptive study. *CMAJ*. 2020 Jun 8;192(23):E617-E625. doi: [10.1503/cmaj.191737](https://doi.org/10.1503/cmaj.191737)
- Hunt LM, Arndt EA, Bell HS, Howard HA. Are Corporations Re-Defining Illness and Health? The Diabetes Epidemic, Goal Numbers, and Blockbuster Drugs. *J Bioeth Inq*. 2021 Sep;18(3):477-497. doi: [10.1007/s11673-021-10119-x](https://doi.org/10.1007/s11673-021-10119-x)
- World Health Organization, "Commercial determinants of health," 21 March 2023. [Online]. Available: <https://www.who.int/news-room/fact-sheets/detail/commercial-determinants-of-health>

# References

- Australian Government National Health and Medical Research Council, "The clinical practice guidelines for the management of overweight and obesity in adults, adolescents and children in Australia," 2013. [Online]. Available: <https://www.nhmrc.gov.au/about-us/publications/clinical-practice-guidelines-management-overweight-and-obesity>
- Tylka TL, Annunziato RA, Burgard D, Danielsdottir S, Shuman E, Davis C & Calogero RM. "The weight-inclusive versus weight-normative approach to health: Evaluating the evidence for prioritizing well-being over weight loss," *Journal of Obesity*, vol. 2014, no. 2014, p. 983495, 2014. doi: [10.1155/2014/983495](https://doi.org/10.1155/2014/983495)
- Alberga AS, Russell-Mayhew S, von Ranson KM, McLaren L. Weight bias: a call to action. *J Eat Disord*. 2016 Nov 7;4:34. doi: [10.1186/s40337-016-0112-4](https://doi.org/10.1186/s40337-016-0112-4)
- Friedman M, Rice C, & Rinaldi J, Eds., *Thickening Fat: Fat Bodies, Intersectionality, and Social Justice*, Routledge, 2020.
- Puhl RM, Heuer CA. The stigma of obesity: a review and update. *Obesity (Silver Spring)*. 2009 May;17(5):941-64. doi: [10.1038/oby.2008.636](https://doi.org/10.1038/oby.2008.636)
- Lewis S, Thomas SL, Blood RW, Castle DJ, Hyde J, Komesaroff PA. How do obese individuals perceive and respond to the different types of obesity stigma that they encounter in their daily lives? A qualitative study. *Soc Sci Med*. 2011 Nov;73(9):1349-56. doi: [10.1016/j.socscimed.2011.08.021](https://doi.org/10.1016/j.socscimed.2011.08.021)
- Puhl RM, King KM. Weight discrimination and bullying. *Best Pract Res Clin Endocrinol Metab*. 2013 Apr;27(2):117-27. doi: [10.1016/j.beem.2012.12.002](https://doi.org/10.1016/j.beem.2012.12.002)
- Vartanian, L. R., Pinkus, R. T., & Smyth, J. M. (2014). The phenomenology of weight stigma in everyday life. *Journal of Contextual Behavioral Science*, 3(3), 196–202. doi: [10.1016/j.jcbs.2014.01.003](https://doi.org/10.1016/j.jcbs.2014.01.003)
- Brown A, Flint SW, Batterham RL. Pervasiveness, impact and implications of weight stigma. *EClinicalMedicine*. 2022 Apr 21;47:101408. doi: [10.1016/j.eclinm.2022.101408](https://doi.org/10.1016/j.eclinm.2022.101408)
- Chen, T.T., Ching, B.HH., Li, Y. *et al.* Weight stigma from media: Its associations with coping responses and health outcomes. *Curr Psychol* **42**, 20556–20569 (2023). doi: [10.1007/s12144-022-03179-8](https://doi.org/10.1007/s12144-022-03179-8)
- Jung FU, Luck-Sikorski C, Wiemers N, Riedel-Heller SG. Dietitians and Nutritionists: Stigma in the Context of Obesity. A Systematic Review. *PLoS One*. 2015 Oct 14;10(10):e0140276. doi: [10.1371/journal.pone.0140276](https://doi.org/10.1371/journal.pone.0140276)
- Pearl, R. L. (2018). Weight bias and stigma: Public health implications and structural solutions. *Social Issues and Policy Review*, 12(1), 146–182. doi: [10.1111/sipr.12043](https://doi.org/10.1111/sipr.12043)
- Tomiyama AJ, Carr D, Granberg EM, Major B, Robinson E, Sutin AR, Brewis A. How and why weight stigma drives the obesity 'epidemic' and harms health. *BMC Med*. 2018 Aug 15;16(1):123. doi: [10.1186/s12916-018-1116-5](https://doi.org/10.1186/s12916-018-1116-5)
- Alberga AS, Nutter S, MacInnis C, Ellard JH, Russell-Mayhew S. Examining Weight Bias among Practicing Canadian Family Physicians. *Obes Facts*. 2019;12(6):632-638. doi: [10.1159/000503751](https://doi.org/10.1159/000503751)

# References

- Gupta N, Bombak A, Foroughi I, Riediger N. Discrimination in the health care system among higher-weight adults: evidence from a Canadian national cross-sectional survey. *Health Promot Chronic Dis Prev Can*. 2020 Nov/Dec;40(11-12):329-335. doi: [10.24095/hpcdp.40.11/12.01](https://doi.org/10.24095/hpcdp.40.11/12.01)
- Slocum B, Shami A, Schon SB. Body Size, Fertility, and Reproductive Justice: Examining the Complex Interplay between BMI, Reproductive Health, and Access to Care. *Women*. 2022; 2(2):93-101. doi: [10.3390/women2020011](https://doi.org/10.3390/women2020011)
- Talumaa B, Brown A, Batterham RL & Kalea AZ. Effective strategies in ending weight stigma in healthcare. *Obesity Reviews*. 2002;23(10):e13494 doi: [10.1111/obr.13494](https://doi.org/10.1111/obr.13494)
- Godziuk K, Prado CM, Beaupre L, Jones CA, Werle JR, Forhan M. A critical review of weight loss recommendations before total knee arthroplasty. *Joint Bone Spine*. 2021 Mar;88(2):105114. doi: [10.1016/j.jbspin.2020.105114](https://doi.org/10.1016/j.jbspin.2020.105114)
- Brownstone LM, DeRieux J, Kelly DA, Sumlin LJ, Gaudiani JL. Body Mass Index Requirements for Gender-Affirming Surgeries Are Not Empirically Based. *Transgend Health*. 2021 Jun 2;6(3):121-124. doi: [10.1089/trgh.2020.0068](https://doi.org/10.1089/trgh.2020.0068)
- Kulkarni R, Guareschi AS, Eichinger JK, Friedman RJ. How using body mass index cutoffs to determine eligibility for total shoulder arthroplasty affects health care disparities. *J Shoulder Elbow Surg*. 2023 Nov;32(11):2239-2244. doi: [10.1016/j.jse.2023.04.019](https://doi.org/10.1016/j.jse.2023.04.019)
- Poustchi Y, Saks NS, Piasecki AK, Hahn KA, Ferrante JM. Brief intervention effective in reducing weight bias in medical students. *Fam Med*. 2013 May;45(5):345-8. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3791507/>
- Alberga AS, Pickering BJ, Alix Hayden K, Ball GD, Edwards A, Jelinski S, Nutter S, Oddie S, Sharma AM, Russell-Mayhew S. Weight bias reduction in health professionals: a systematic review. *Clin Obes*. 2016 Jun;6(3):175-88. doi: [10.1111/cob.12147](https://doi.org/10.1111/cob.12147)
- Nestorowicz S, Saks N. Addressing Bias Toward Overweight Patients: a Training Program for First-Year Medical Students. *Med Sci Educ*. 2021 Apr 6;31(3):1115-1123. doi: [10.1007/s40670-021-01282-2](https://doi.org/10.1007/s40670-021-01282-2)
- Brunello G, D'Hombres B. Does body weight affect wages? Evidence from Europe. *Econ Hum Biol*. 2007 Mar;5(1):1-19. doi: [10.1016/j.ehb.2006.11.002](https://doi.org/10.1016/j.ehb.2006.11.002)
- Hunger, J. M., Smith, J. P., & Tomiyama, A. J. (2020). An evidence-based rationale for adopting weight-inclusive health policy. *Social Issues and Policy Review*, 14(1), 73–107. doi: [10.1111/sipr.12062](https://doi.org/10.1111/sipr.12062)
- Roehling, M. V., Pichler, S., & Bruce, T. A. (2013). Moderators of the effect of weight on job-related outcomes: A meta-analysis of experimental studies. *Journal of Applied Social Psychology*, 43(2), 237–252. doi: [10.1111/j.1559-1816.2012-0993.x](https://doi.org/10.1111/j.1559-1816.2012-0993.x)

# References

- Puhl RM, Brownell KD. Confronting and coping with weight stigma: an investigation of overweight and obese adults. *Obesity* (Silver Spring). 2006 Oct;14(10):1802-15. doi: [10.1038/oby.2006.208](https://doi.org/10.1038/oby.2006.208)
- Brunello G, D'Hombres B. Does body weight affect wages? Evidence from Europe. *Econ Hum Biol*. 2007 Mar;5(1):1-19. doi: [10.1016/j.ehb.2006.11.002](https://doi.org/10.1016/j.ehb.2006.11.002)
- van Geel M, Vedder P, Tanilon J. Are overweight and obese youths more often bullied by their peers? A meta-analysis on the correlation between weight status and bullying. *Int J Obes (Lond)*. 2014 Oct;38(10):1263-7. doi: [10.1038/ijo.2014.117](https://doi.org/10.1038/ijo.2014.117)
- Lynagh M, Cliff K, Morgan PJ. Attitudes and Beliefs of Nonspecialist and Specialist Trainee Health and Physical Education Teachers Toward Obese Children: Evidence for "Anti-Fat" Bias. *J Sch Health*. 2015 Sep;85(9):595-603. doi: [10.1111/josh.12287](https://doi.org/10.1111/josh.12287)
- Kenney EL, Gortmaker SL, Davison KK, Bryn Austin S. The academic penalty for gaining weight: a longitudinal, change-in-change analysis of BMI and perceived academic ability in middle school students. *Int J Obes (Lond)*. 2015 Sep;39(9):1408-13. doi: [10.1038/ijo.2015.88](https://doi.org/10.1038/ijo.2015.88)
- Nutter S, Ireland A, Alberga AS, Brun I, Lefebvre D, Hayden KA, Russell-Mayhew S. Weight Bias in Educational Settings: a Systematic Review. *Curr Obes Rep*. 2019 Jun;8(2):185-200. doi: [10.1007/s13679-019-00330-8](https://doi.org/10.1007/s13679-019-00330-8)
- Cheng S, Kaminga AC, Liu Q, Wu F, Wang Z, Wang X, Liu X. Association between weight status and bullying experiences among children and adolescents in schools: An updated meta-analysis. *Child Abuse Negl*. 2022 Dec;134:105833. doi: [10.1016/j.chiabu.2022.105833](https://doi.org/10.1016/j.chiabu.2022.105833)
- Tingle, E., Saunders, J. F., Nutter, S., & Russell-Mayhew, S. (2023). Taking Weight Out of the Equation: Unintended Harms of Weight-Focused Health Discourse in Schools. *Journal of Physical Education, Recreation & Dance*, 94(2), 49–58. doi: [10.1080/07303084.2022.2146818](https://doi.org/10.1080/07303084.2022.2146818)
- Jendryca A, Warschburger P. Weight stigma and eating behaviours in elementary school children: A prospective population-based study. *Appetite*. 2016 Jul 1;102:51-9. doi: [10.1016/j.appet.2016.02.005](https://doi.org/10.1016/j.appet.2016.02.005)
- Neumark-Sztainer D. Preventing obesity and eating disorders in adolescents: what can health care providers do? *J Adolesc Health*. 2009 Mar;44(3):206-13. doi: [10.1016/j.jadohealth.2008.11.005](https://doi.org/10.1016/j.jadohealth.2008.11.005)
- Neumark-Sztainer D, Wall M, Story M, Sherwood NE. Five-year longitudinal predictive factors for disordered eating in a population-based sample of overweight adolescents: implications for prevention and treatment. *Int J Eat Disord*. 2009 Nov;42(7):664-72. doi: [10.1002/eat.20733](https://doi.org/10.1002/eat.20733)
- Robinson E, Sutin AR. Parental Perception of Weight Status and Weight Gain Across Childhood. *Pediatrics*. 2016 May;137(5):e20153957. doi: [10.1542/peds.2015-3957](https://doi.org/10.1542/peds.2015-3957)
- Gordon A. "What We Don't Talk About When We Talk About Fat", Boston, MA; Beacon Press, 2021.

# References

- Puhl R, Suh Y. Health Consequences of Weight Stigma: Implications for Obesity Prevention and Treatment. *Curr Obes Rep*. 2015 Jun;4(2):182-90. doi: [10.1007/s13679-015-0153-z](https://doi.org/10.1007/s13679-015-0153-z)
- PEN, "Weight stigma background," 2019. [Online]. Available: <https://www.pennutrition.com/KnowledgePathway.aspx?kpid=803&trcatid=38&trid=28010> .
- PEN, "Weight-inclusive approach background," February 2023. [Online]. Available: <https://www.pennutrition.com/KnowledgePathway.aspx?kpid=15326&trcatid=ALL&trid=29929>
- Keirns NG, Tsotsoros CE, Addante S, Layman HM, Krems JA, Pearl RL, Janet Tomiyama A, Hawkins MAW. Adverse Childhood Experiences Associated with Greater Internalization of Weight Stigma in Women with Excess Weight. *Obesities*. 2021 Jun;1(1):49-57. doi: [10.3390/obesities1010005](https://doi.org/10.3390/obesities1010005)
- Toronto Public Health, *Weight bias and public health: Review of the evidence*, Toronto Public Health, 2019.
- Rinaldi J, Rice C, LaMarre A, McPhail D & Harrison E. Fatness and Failing Citizenship. *Somatechnics*. 2017;7(2):218-233. doi: [10.3366/SOMA.2017.0219](https://doi.org/10.3366/SOMA.2017.0219)
- Alberga AS, McLaren L, Russell-Mayhew S, von Ranson KM. Canadian Senate Report on Obesity: Focusing on Individual Behaviours versus Social Determinants of Health May Promote Weight Stigma. *J Obes*. 2018 Jul 2;2018:8645694. doi: [10.1155/2018/8645694](https://doi.org/10.1155/2018/8645694)
- Public Health Agency of Canada. "Obesity in Canada - Health and economic implications", Government of Canada, 2011. <https://www.canada.ca/en/public-health/services/health-promotion/healthy-living/obesity-canada/health-economic-implications.html>
- Nutter S, Russell-Mayhew S, Alberga AS, Arthur N, Kassan A, Lund DE, Sesma-Vazquez M, Williams E. Positioning of Weight Bias: Moving towards Social Justice. *J Obes*. 2016;2016:3753650. doi: [10.1155/2016/3753650](https://doi.org/10.1155/2016/3753650)
- Public Health Agency of Canada. *Addressing stigma: Towards a more inclusive health system, The Chief Public Health Officer's Report on the State of Public Health in Canada*. Ottawa, Ontario, 2019. [www.canada.ca/en/public-health/corporate/publications/chief-public-health-officer-reports-state-public-health-canada/addressing-stigma-toward-more-inclusive-health-system.html](https://www.canada.ca/en/public-health/corporate/publications/chief-public-health-officer-reports-state-public-health-canada/addressing-stigma-toward-more-inclusive-health-system.html)