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"Health practitioners are among the most insidious players in this fat-hating drama as they have legitimized the cultural mandate for thinness by reframing it as a health concern"

Bacon 2008, *Health at Every Size*. BenBella Books

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"They could change if they really wanted to"



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Weight bias kills

- Symptoms are minimized
- Women avoid healthcare because of providers' judgments about them

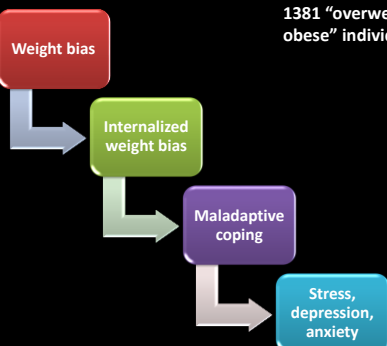


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"Physicians report seeing patients who are obese as less compliant and self-disciplined ... This attitude arguably stems from ... the problematic view of patients who are obese as 'architects of their own health' ... despite stigmatisation itself having been shown to reinforce lifestyle behaviours that contribute to obesity"

Ewing 2019, *Brit J Gen Prac*, 69(684), 349

10



Hayward 2018, *Obesity*, 26, 755-761

1381 "overweight or obese" individuals

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"Weight bias is pervasive among the general public and amongst health professionals, often using inappropriate tools to assess the impact of weight on health"

Kasten 2019, *Canad J Diet Prac Res*, 79, 133-138

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“This contributes to overlooking the life circumstances that truly cause morbidity: social determinants of health such as income, social connectedness and isolation, adverse childhood experiences, and cultural erasure”

Kasten 2019, *Canad J Diet Prac Res*, 79, 133-138

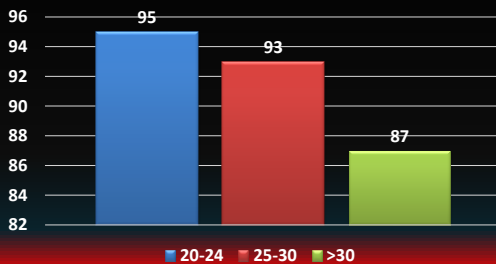
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Plus size mothers are less likely to breastfeed

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Longitudinal Study of Australian Children (N=3075)

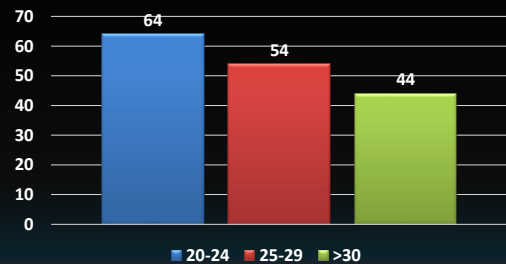
Breastfeeding Initiation by BMI



Donath & Amir 2008, *Mat Child Health Nutr*, 4, 163-170

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Breastfeeding at 6 Months by BMI

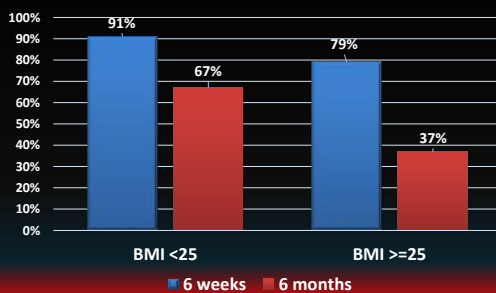


Donath & Amir 2008, *Mat Child Health Nutr*, 4, 163-170

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185 women who intended EBF

Exclusive Breastfeeding by BMI



Marshall et al. 2019 *Matern Child Nutr*, 15(2), e12732

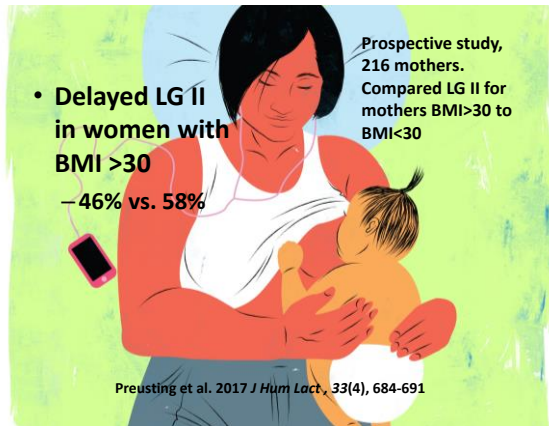
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Study of 592 adult women in Brazil

Women with pre-pregnant BMI >30 more likely to supplement early

Fernandes et al. *J Hum Lact* 2012, 22(1), 55-61

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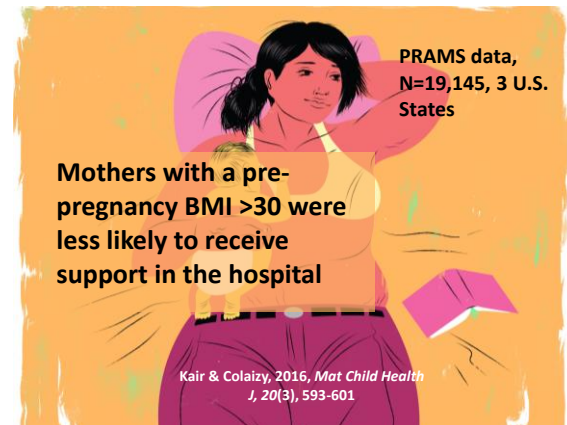
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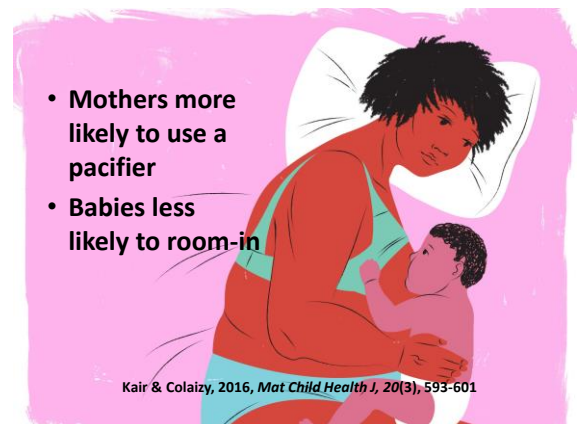
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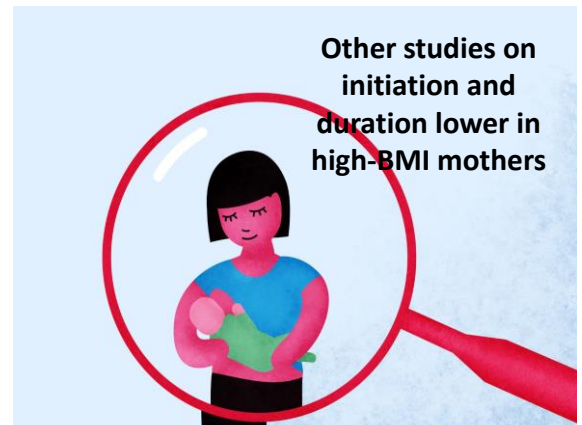
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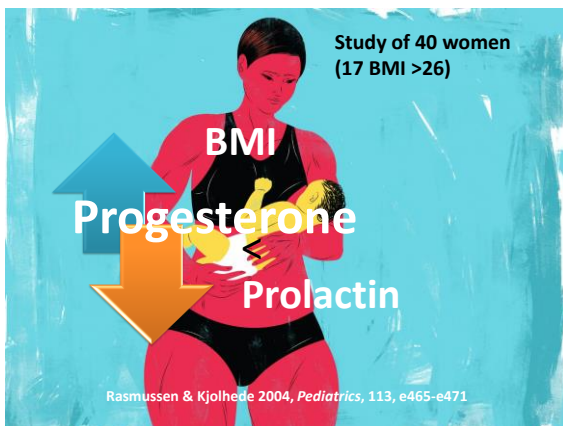
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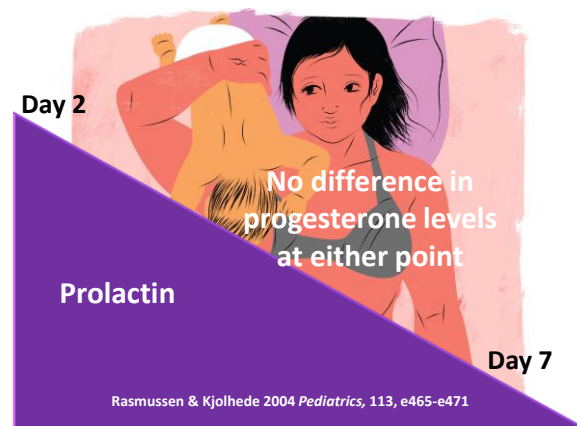
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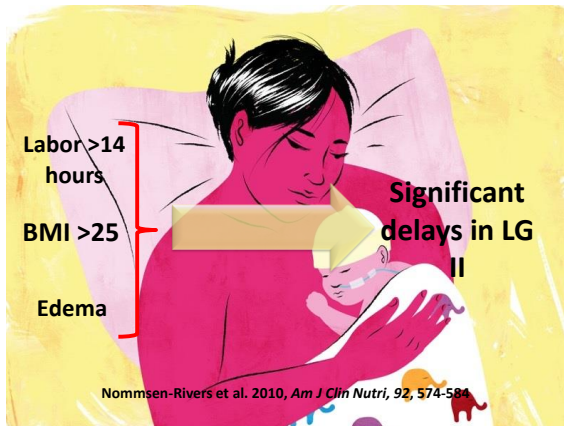
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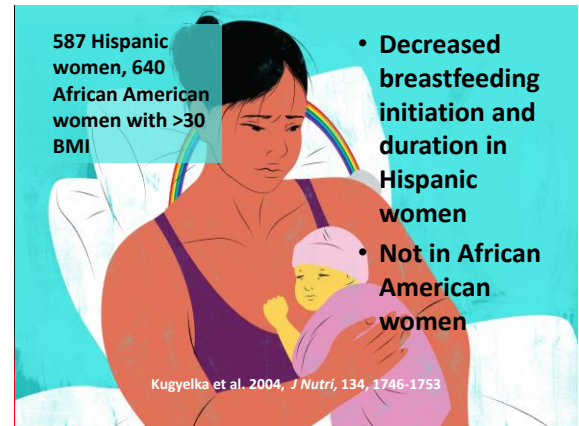
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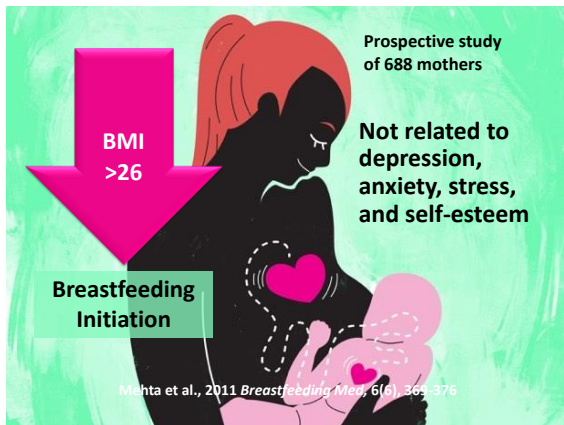
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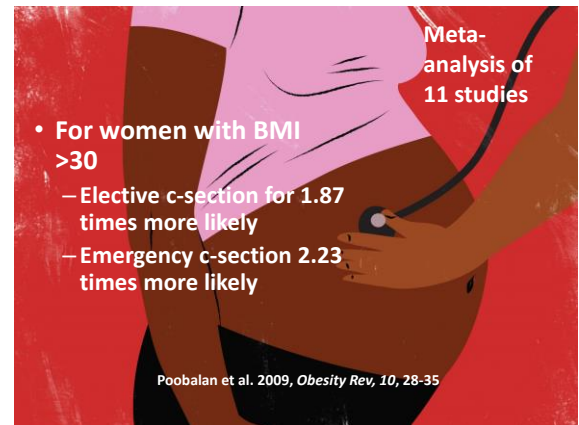
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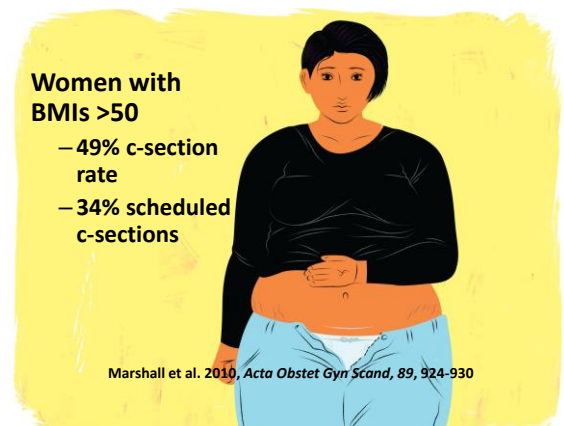
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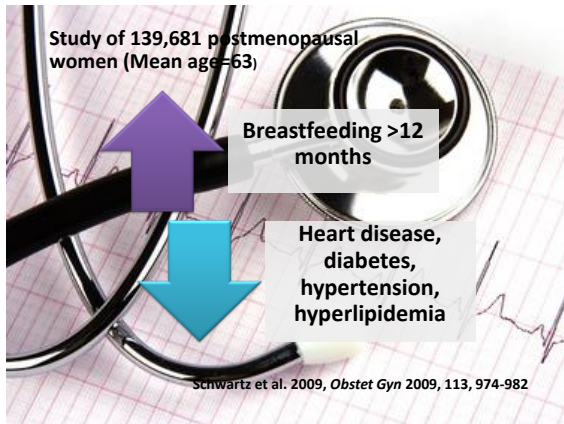
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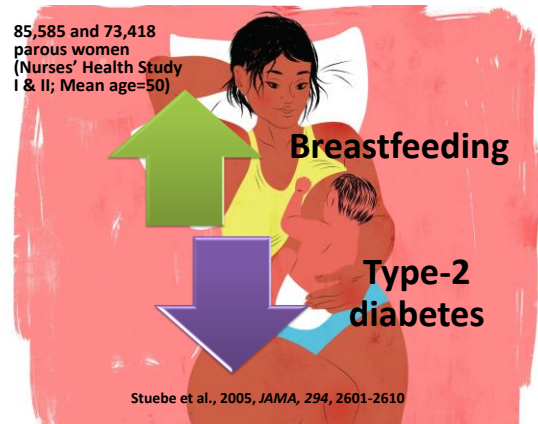
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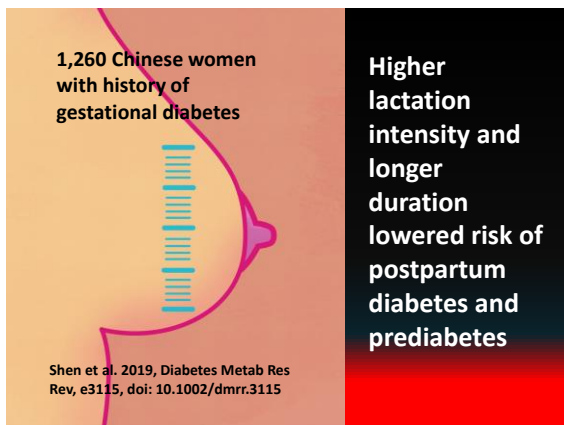
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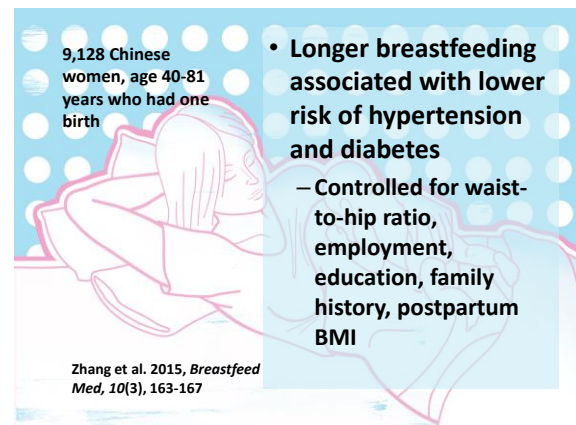
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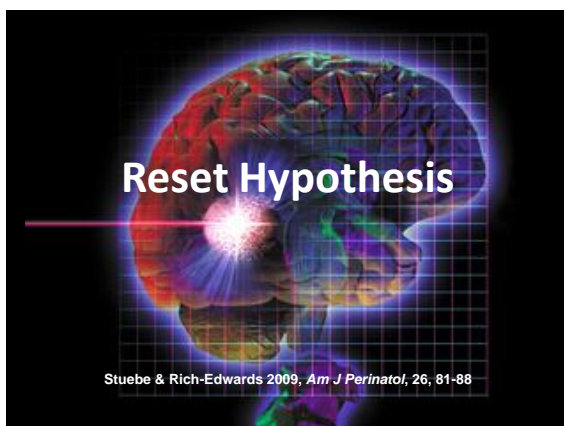
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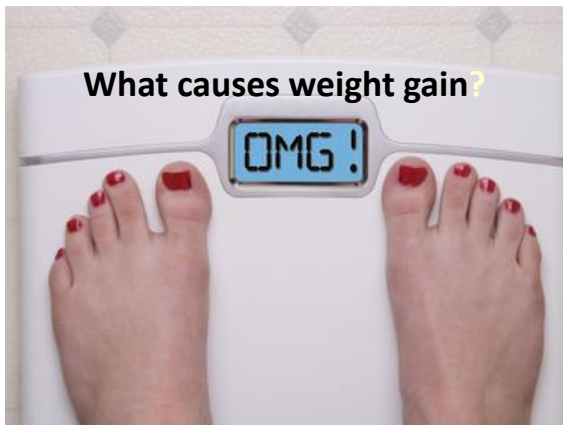
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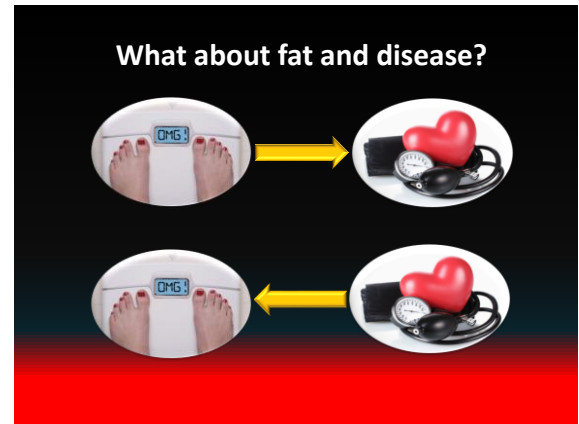
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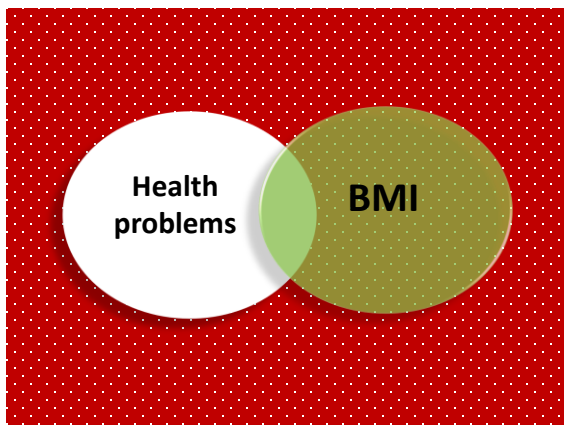
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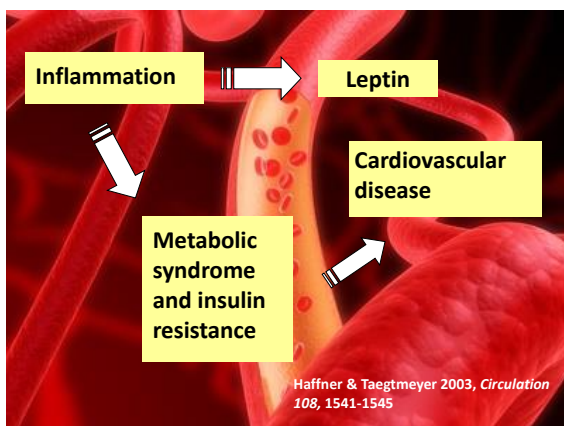
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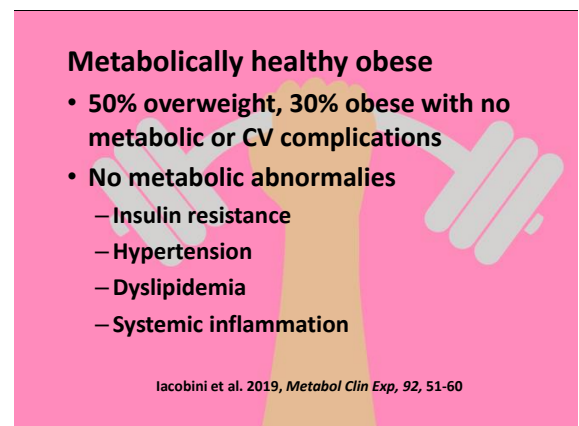
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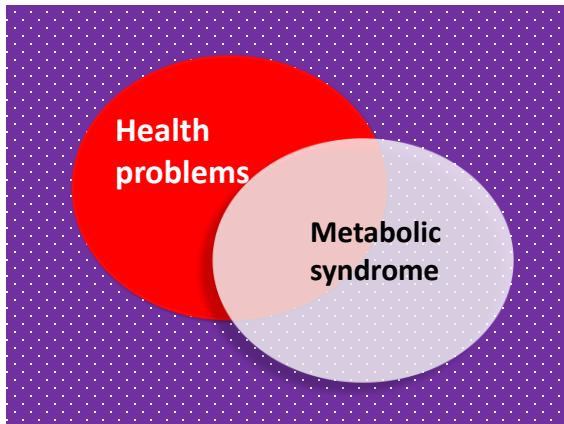
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- Food problems

- Insulin
- Satiety mechanisms

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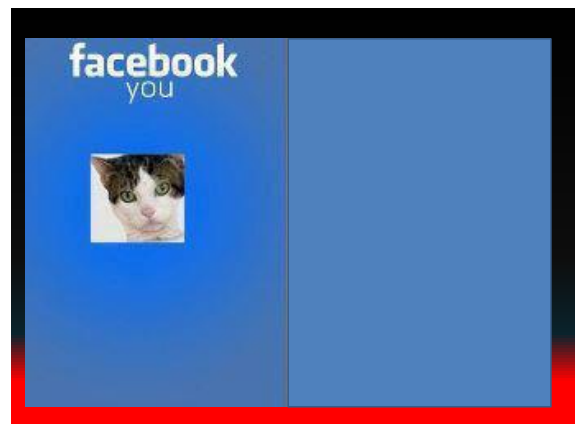


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Fat Hatred



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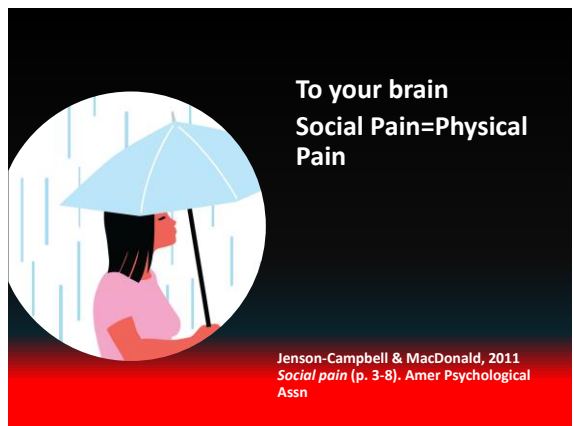
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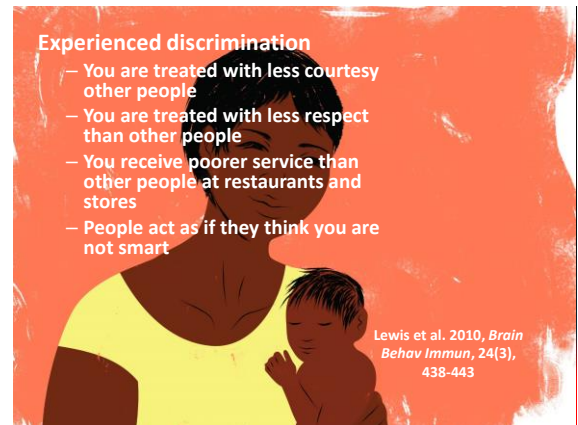
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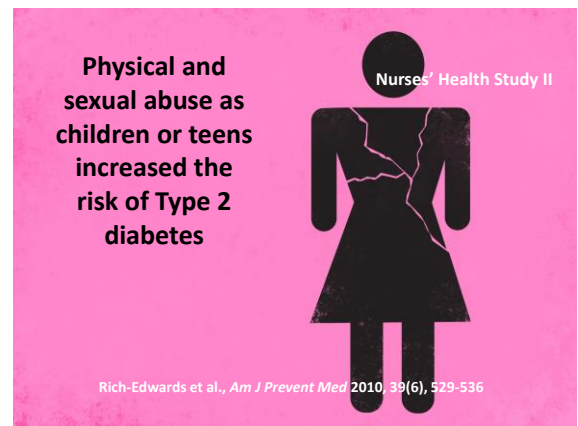
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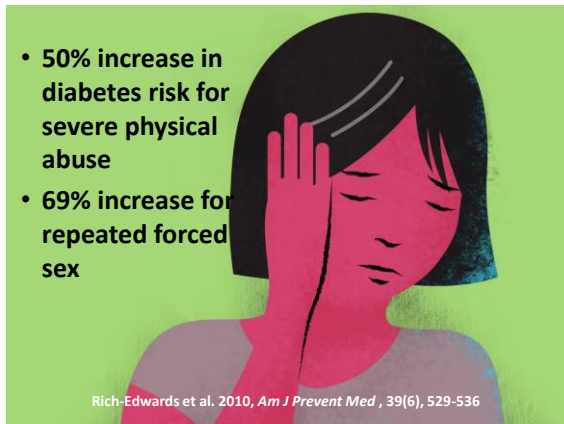
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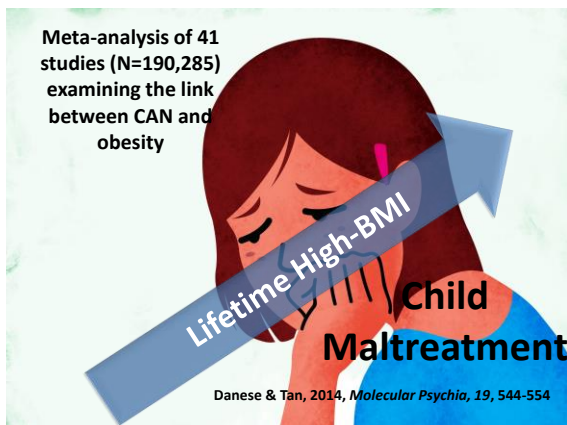
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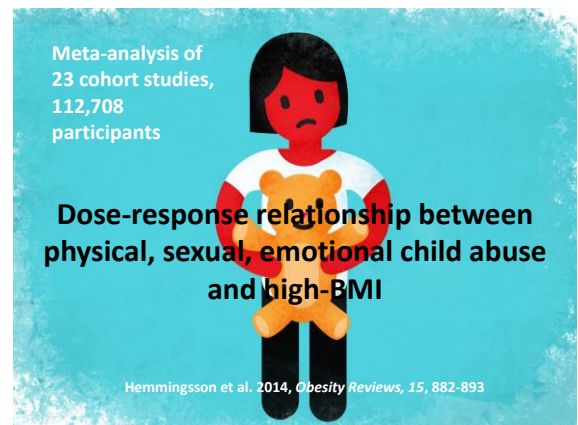
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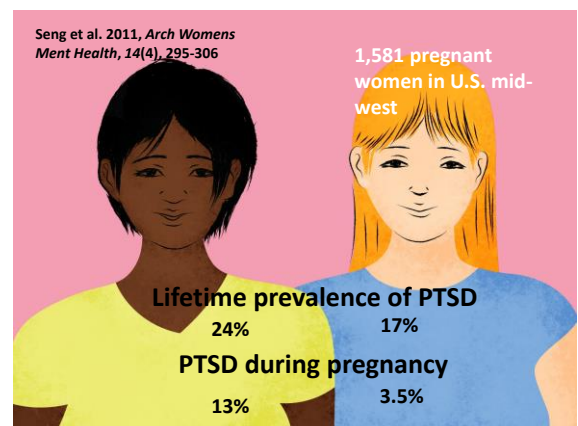
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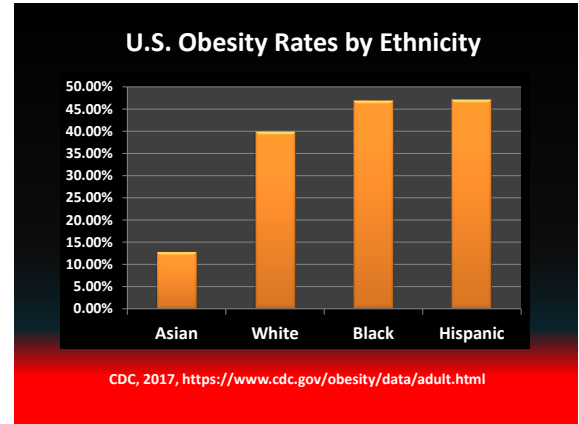
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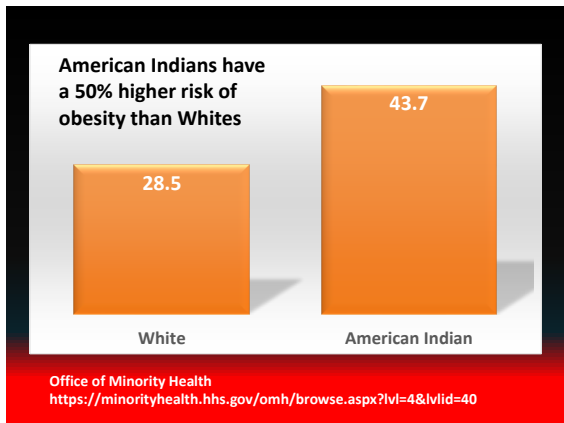
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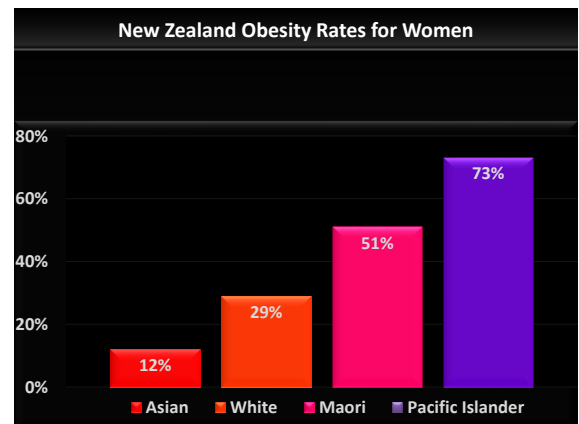
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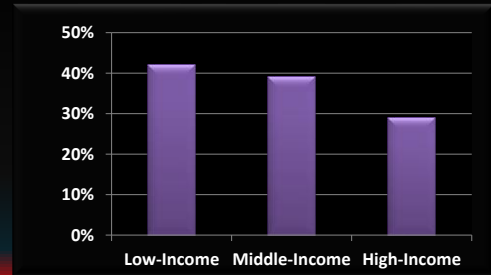
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The Impact of Income on BMI



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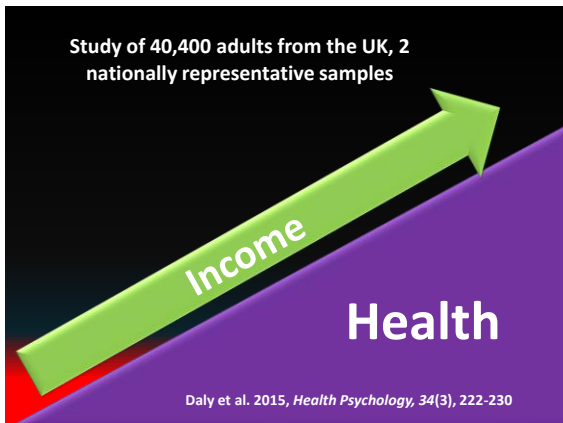
U.S. Obesity Rates by Income



National Center on Health Statistics 2011

92

Study of 40,400 adults from the UK, 2 nationally representative samples

Daly et al. 2015, *Health Psychology*, 34(3), 222-230

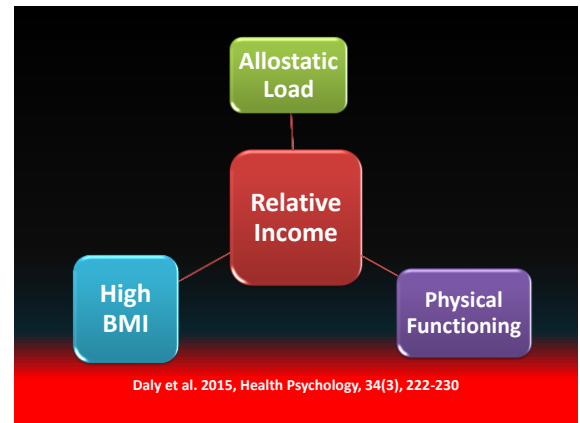
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Allostatic Load

Relative Income

High BMI

Physical Functioning

Daly et al. 2015, *Health Psychology*, 34(3), 222-230

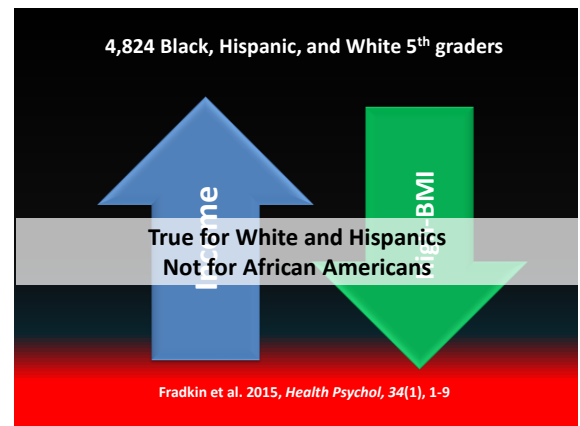
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Social position, not material conditions, that explain the impact of money on health

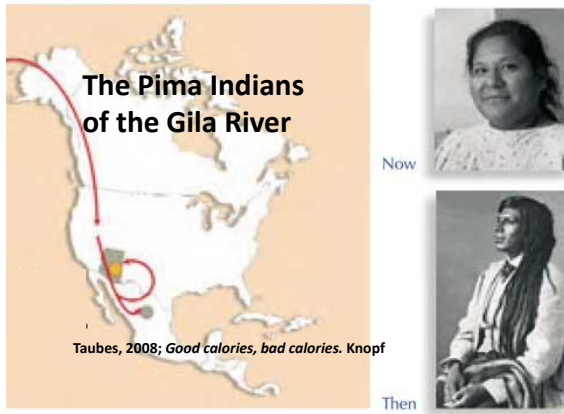
Daly et al. 2015, *Health Psychology*, 34(3), 222-230

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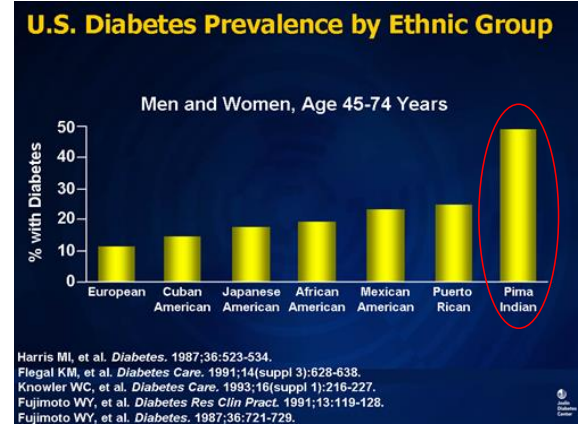
4,824 Black, Hispanic, and White 5th graders

Fradkin et al. 2015, *Health Psychol*, 34(1), 1-9

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