Reference List

Title:

Do No Harm: Addressing Weight Stigma in Dietetic Practice, by Carrie Dennett, MPH, RDN, LD, CD

References:

- 1. World Health Organization, Regional Office for Europe. Weight bias and obesity stigma: considerations for the WHO European Region. http://www.euro.who.int/ data/assets/pdf file/0017/351026/WeightBias.pdf?ua=1
- 2. Himmelstein MS, Puhl RM, Quinn DM. Intersectionality: an understudied framework for addressing weight stigma. *Am J Prev Med*. 2017;53(4):421-431.
- 3. Puhl RM, Andreyeva T, Brownell KD. Perceptions of weight discrimination: prevalence and comparison to race and gender discrimination in America. *Int J Obes (Lond)*. 2008;32(6):992-1000.
- 4. Puhl RM, Himmelstein MS, Gorin AA, Suh YJ. Missing the target: including perspectives of women with overweight and obesity to inform stigma-reduction strategies. *Obes Sci Pract*. 2017;3(1):25-35.
- 5. Puhl RM, King KM. Weight discrimination and bullying. *Best Pract Res Clin Endocrinol Metab*. 2013;27(2):117-127.
- 6. Pont SJ, Puhl R, Cook SR, Slusser W; Section on Obesity; Obesity Society. Stigma experienced by children and adolescents with obesity. *Pediatrics*. 2017;140(6):e20173034.
- 7. Pearl RL, Puhl RM. The distinct effects of internalizing weight bias: an experimental study. *Body Image*. 2016;17:38-42.
- 8. Papadopoulos S, Brennan L. Correlates of weight stigma in adults with overweight and obesity: a systematic literature review. *Obesity (Silver Spring)*. 2015;23(9):1743-1760.
- 9. Puhl RM, Masheb RM, White MA, Grilo CM. Attitudes toward obesity in obese persons: A matched comparison of obese women with and without binge eating. *Eat Weight Disord*. 2010;15(3):e173-e179.
- 10. Pearl RL, Puhl RM. Weight bias internalization and health: a systemic review. *Obes Rev*. 2018;19(8):1141-1163.
- 11. Schvey NA, White MA. The internalization of weight bias is associated with severe eating pathology among lean individuals. *Eat Behav*. 2015;17:1-5.
- 12. Pearl RL, Puhl RM. Measuring internalized weight attitudes across body weight categories: validation of the modified weight bias internalization scale. **Body Image**. 2014;11(1):89-92.
- 13. Jung F, Spahlholz J, Hilbert A, Riedel-Heller SG, Luck-Sikorski C. Impact of weight-related discrimination, body dissatisfaction and self-stigma on the desire to weigh less. *Obes Facts*. 2017;10(2):139-151.

- 14. Wu YK, Berry DC. Impact of weight stigma on physiological and psychological health outcomes for overweight and obese adults: a systematic review. *J Adv Nurs*. 2018;74(5):1030-1042.
- 15. Hayward LE, Vartanian LR, Pinkus RT. Weight stigma predicts poorer psychological well-being through internalized weight bias and maladaptive coping responses. *Obesity (Silver Spring)*. 2018;26(4):755-761.
- 16. Schmalz DL. 'I feel fat': weight-related stigma, body esteem, and BMI as predictors of perceived competence in physical activity. *Obes Facts*. 2010;3(1):15-21.
- 17. Jackson SE, Steptoe A. Association between perceived weight discrimination and physical activity: a population-based study among English middle-aged and older adults. *BMJ Open*. 2017;7(3):e014592.
- 18. Mason TB, Smith KE, Lavender JM. Stigma control model of dysregulated eating: a momentary maintenance model of dysregulated eating among marginalized/stigmatized individuals. *Appetite*. 2019;132:67-72.
- 19. Hunger JM, Major B, Blodorn A, Miller CT. Weighed down by stigma: how weight-based social identity threat contributes to weight gain and poor health. *Soc Personal Psychol Compass*. 2015;9(6):255-268.
- 20. Puhl RM, Moss-Racusin CA, Schwartz MB. Internalization of weight bias: implications for binge eating and emotional well-being. *Obesity (Silver Spring)*. 2007;15(1):19-23.
- 21. Tomiyama AJ. Weight stigma is stressful. A review of evidence for the Cyclic Obesity/Weight-Based Stigma model. *Appetite*. 2014;82:8-15.
- 22. Muennig P. The body politic: the relationship between stigma and obesity-associated disease. *BMC Public Health*. 2008;8:128.
- 23. Himmelstein MS, Incollingo Belsky AC, Tomiyama AJ. The weight of stigma: cortisol reactivity to manipulated weight stigma. Obesity (Silver Spring). 2015;23(2):368-374.
- 24. Jackson SE, Kirschbaum C, Steptoe A. Perceived weight discrimination and chronic biochemical stress: a population-based study using cortisol in scalp hair. *Obesity (Silver Spring)*. 2016;24(12):2515-2521.
- 25. Sutin AR, Stephan Y, Luchetti M, Terracciano A. Perceived weight discrimination and C-reactive protein. *Obesity (Silver Spring)*. 2014;22(9):1959-1961.
- 26. Sutin AR, Terracciano A. Perceived weight discrimination and high-risk health-related behaviors. *Obesity (Silver Spring)*. 2017;25(7):1183-1186.
- 27. Blake CE, Hébert JR, Lee DC, et al. Adults with greater weight satisfaction report more positive health behaviors and have better health status regardless of BMI. *J Obes*. 2013;2013:291371.

- 28. Sutin AR, Stephan Y, Terracciano A. Weight discrimination and risk of mortality. *Psychol Sci*. 2015;26(11):1803-1811.
- 29. Udo T, Purcell K, Grilo CM. Perceived weight discrimination and chronic medical conditions in adults with overweight and obesity. *Int J Clin Pract*. 2016;70(12):1003-1011.
- 30. Blodorn A, Major B, Hunger J, Miller C. Unpacking the psychological weight of weight stigma: a rejection-expectation pathway. *J Exp Soc Psychol*. 2016;63:69-76.
- 31. Hunger JM, Tomiyama AJ. weight labeling and disordered eating among adolescent girls: longitudinal evidence from the National Heart, Lung, and Blood Institute Growth and Health Study. *J Adolesc Health*. 2018;63(3):360-362.
- 32. McGuigan RD, Wilkinson JM. Obesity and healthcare avoidance: a systematic review. *AIMS Public Health*. 2015;2(1):56-63.
- 33. Fruh SM, Nadglowski J, Hall HR, Davis SL, Crook ED, Zlomke K. Obesity stigma and bias. *J Nurse Pract*. 2016;12(7):425-432.
- 34. Jung FUCE, Luck-Sikorski C, Wiemers N, Riedel-Heller SG. Dietitians and nutritionists: stigma in the context of obesity. A systematic review. *PLoS One*. 2015;10(10):e0140276.
- 35. Phelan SM, Burgess DJ, Yeazel MW, Hellerstedt WL, Griffin JM, van Ryn M. Impact of weight bias and stigma on quality of care and outcomes for patients with obesity. *Obes Rev*. 2015;16(4):319-326.
- 36. Ridolfi DR, Crowther JH. The link between women's body image disturbances and body-focused cancer screening behaviors: a critical review of the literature and a new integrated model for women. **Body Image**. 2013;10(2):149-162.
- 37. Rubino F, Puhl RM, Cummings DE, et al. Joint international consensus statement for ending stigma of obesity. *Nat Med*. 2020;26(4):485-497.
- 38. Lee JA, Pausé CJ. Stigma in practice: barriers to health for fat women. Front Psychol. 2016;7:2063.
- 39. Mensinger JL, Tylka TL, Calamari ME. Mechanisms underlying weight status and healthcare avoidance in women: a study of weight stigma, body-related shame and guilt, and healthcare stress. **Body Image**. 2018;25:139-147.
- 40. Puhl RM, Brownell KD. Confronting and coping with weight stigma: an investigation of overweight and obese adults. *Obesity (Silver Spring)*. 2006;14(10):1802-1815.
- 41. Dollar E, Berman M, Adachi-Mejia AM. Do no harm: moving beyond weight loss to emphasize physical activity at every size. *Prev Chronic Dis.* 2017;14:E34.
- 42. Tylka TL, Annunziato RA, Burgard D, et al. The weight-inclusive versus weight-normative approach to health: evaluating the evidence for prioritizing well-being over weight loss. *J Obes*. 2014;2014:983495.

- 43. Rubin R. Addressing medicine's bias against patients who are overweight. *JAMA*. 2019;321(10):925-927.
- 44. Sikorski C, Luppa M, Kaiser M, et al. The stigma of obesity in the general public and its implications for public health a systematic review. *BMC Public Health*. 2011;11:661.
- 45. Swinburn BA, Kraak VI, Allender S, et al. The global syndemic of obesity, undernutrition, and climate change: The Lancet Commission report. *Lancet*. 2019;393(10173):791-846.
- 46. Flint SW, Nobels J, Gately P, et al. Weight stigma and discrimination: a call to the media. *Lancet Diabetes Endocrinol*. 2018;6(3):169-170.
- 47. Stanford FC, Tauquer Z, Kyle TK. Media and its influence on obesity. *Curr Obes Rep*. 2018;7(2):186-192.
- 48. O'Hara L, Taylor J. 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. *Sage Open*. 2018;1-28.
- 49. Puhl RM, Heuer CA. Obesity stigma: important considerations for public health. *Am J Public Health*. 2010;100(6):1019-1028.
- 50. Nutter S, Russell-Mayhew S, Alberga AS, et al. Positioning of weight bias: moving towards social justice. *J Obes*. 2016;2016:3753650.
- 51. Alberga AS, Russell-Mayhew S, von Ranson KM, McLaren L. Weight bias: a call to action. *J Eat Disord*. 2016;4:34.
- 52. Pearl RL, Dovidio JF, Puhl RM. Visual portrayals of obesity in health media: promoting exercise without perpetuating weight bias. *Health Educ Res.* 2015;30(4):580-590.
- 53. Puhl RM, Peterson JL, DePierre JA, Luedicke J. Headless, hungry and unhealthy: a video content analysis of obese persons portrayed in online news. *J Health Commun*. 2013;18(6):686-702.
- 54. Puhl R, Luedicke J, Lee Peterson J. Public reactions to obesity-related health campaigns: a randomized controlled trial. *Am J Prev Med*. 2013;45(1):36-48.
- 55. Alberga AS, Pickering BJ, Alix Hayden K, et al. Weight bias reduction in health professionals: a systematic review. *Clin Obes*. 2016;6(3):175-188.
- 56. FitzGerald C, Hurst S. Implicit bias in healthcare professionals: a systematic review. *BMC Med Ethics*. 2017;18:19.
- 57. Charlesworth TES, Banaji MR. Patterns of implicit and explicit attitudes: I. long-term change and stability from 2007 to 2016. *Psychol Sci*. 2019;30(2):174-192.
- 58. Project Implicit website. https://implicit.harvard.edu/implicit/takeatest.html

- 59. Puhl R, Peterson JL, Luedicke J. Motivating or stigmatizing? Public perceptions of weight-related language used by health providers. *Int J Obes (Lond)*. 2013;37(4):612-619.
- 60. Meadows A, Daníelsdóttir S. What's in a word? On weight stigma and terminology. *Front Psychol*. 2016;7:1527.
- 61. Robinson E, Haynes A, Sutin AR, Daly M. Telling people they are overweight: helpful, harmful or beside the point? *Int J Obes (Lond)*. 2017;41(8):1160-1161.
- 62. Lozano-Sufrategui L, Sparkes AC, McKenna J. Weighty: NICE's not-so-nice words. *Front Psychol*. 2016;7:1919.
- 63. Bacon L, Stern JS, Van Loan MD, Keim NL. Size acceptance and intuitive eating improve health for obese, female chronic dieters. *J Am Diet Assoc*. 2005;105(6):929-936.
- 64. Kasten G. Listen ... and speak: a discussion of weight bias, its intersections with homophobia, racism, and misogyny, and their impacts on health. *Can J Diet Pract Res*. 2018;79(3):133-138.

Additional References

- 1. Andreyeva T, Puhl RM, Brownell KD. Changes in perceived weight discrimination among Americans, 1995-1996 through 2004-2006. *Obesity (Silver Spring)*. 2008;16(5):1129-1134.
- 2. Bacon L, Aphramor L. Weight science: evaluating the evidence for a paradigm shift. *Nutr J*. 2011;10:9.
- 3. 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 Ther*. 2019;42(1-2):22-44.
- 4. Hilbert A. Weight stigma reduction and genetic determinism. *PLoS One*. 2016;11(9):e0162993.
- 5. Hunger JM, Smith JP, Tomiyama AJ. An evidence-based rationale for adopting weight-inclusive health policy. *Soc Issues Policy Rev*. 2020;14(1):73-107.
- 6. Jackson SE, Beeken RJ, Wardle J. Perceived weight discrimination and changes in weight, waist circumference, and weight status. *Obesity (Silver Spring)*. 2014;22(12):2485-2488.
- 7. Jackson SE. Obesity, weight stigma and discrimination. J Obes Eat Disord. 2016;2:3.
- Kahan S, Puhl RM. The damaging effects of weight bias internalization. *Obesity (Silver Spring)*. 2017;25(2):280-281.
- Ogden J, Clementi C. The experience of being obese and the many consequences of stigma. J Obes. 2010;2010:429098.
- 10. O'Hara L, Gregg J. The war on obesity: a social determinant of health. *Health Promot J Austr*. 2006;17(3):260-263.
- 11. Pearl RL, White MA, Grilo CM. Overvaluation of shape and weight as a mediator between self-esteem and weight bias internalization among patients with binge eating disorder. *Eat Behav*. 2014;15(2):259-261.
- 12. Pearl RL, White MA, Grilo CM. Weight bias internalization, depression, and self-reported health among overweight binge eating disorder patients. *Obesity (Silver Spring)*. 2014;22(5):E142-E148.
- 13. Pearl RL, Wadden TA, Hopkins CM, et al. Association between weight bias internalization and metabolic syndrome among treatment-seeking individuals with obesity. *Obesity (Silver Spring)*. 2017;25(2):317-322.

- 14. Phelan JC, Link BG, Dovidio JF. Stigma and prejudice: one animal or two? **Soc Sci Med**. 2008;67(3):358-367.
- 15. Puhl RM, Peterson JL, Luedicke J. Fighting obesity or obese persons? Public perceptions of obesity-related health messages. *Int J Obes (Lond)*. 2013;37(6):774-782.
- 16. Puhl RM, Latner JD, O'Brien K, Luedicke J, Danielstottir S, Forhan M. A multinational examination of weight bias: predictors of anti-fat attitudes across four countries. *Int J Obes (Lond)*. 2015;39(7):1166-1173.
- 17. Puhl RM, Phelan SM, Nadglowski J, Kyle TK. Overcoming weight bias in the management of patients with diabetes and obesity. *Clin Diabetes*. 2016;34(1):44-50.
- 18. Puhl RM, Himmelstein MS, Quinn DM. Internalizing weight stigma: prevalence and sociodemographic considerations in US adults. *Obesity (Silver Spring)*. 2018;26(1):167-175.
- 19. Sikorski C, Luppa M, Luck T, Riedel-Heller SG. Weight stigma "gets under the skin"-evidence for an adapted psychological mediation framework: a systematic review. *Obesity (Silver Spring)*. 2015;23(2):266-276.
- Stuber J, Meyer I, Link B. Stigma, prejudice, discrimination and health. Soc Sci Med. 2008;67(3):351-357.
- 21. Sutin AR, Terracciano A. Perceived weight discrimination and obesity. *PLoS One*. 2013;8(7):e70048.
- 22. Täuber S. Moralized health-related persuasion undermines social cohesion. *Front Psychol*. 2018;9:909.
- 23. Tomiyama AJ, Carr D, Granberg EM, et al. How and why weight stigma drives the obesity 'epidemic' and harms health. *BMC Medicine*. 2018;16(1):123.
- 24. Udo T, Grilo CM. Cardiovascular disease and perceived weight, racial, and gender discrimination in U.S adults. *J Psychosom Res*. 2017;100:83-88.
- 25. Vadiveloo M, Mattei J. Perceived weight discrimination and 10-year risk of allostatic load among US adults. *Ann Behav Med*. 2017;51(1):94-104.
- 26. Vartanian LR, Smyth JM. Primum non nocere: obesity stigma and public health. *J Bioeth Inq*. 2013;10(1):49-57.