

Video: What is Weight Stigma?

References

- Alberga AS, Edache IY, Forhan M, Russell-Mayhew S. Weight bias and health care utilization: a scoping review. *Prim Health Care Res Dev.* 2019 Jul 22;20:e116. doi: 10.1017/S1463423619000227.
- Austen E, Greenaway KH, Griffiths S. Differences in weight stigma between gay, bisexual, and heterosexual men. *Body Image.* 2020 Dec;35:30-40. doi: 10.1016/j.bodyim.2020.08.002.
- Bensley J, Riley HO, Bauer KW, Miller AL. Weight bias among children and parents during very early childhood: A scoping review of the literature. *Appetite* 2023; 106461.
- Brewis A, SturtzSreetharan C, Wutich A. Obesity stigma as a globalizing health challenge. *Global Health.* 2018 Feb 13;14(1):20. doi: 10.1186/s12992-018-0337-x.
- Charlesworth TES, Banaji MR. Patterns of Implicit and Explicit Attitudes: IV. Change and Stability From 2007 to 2020. *Psychol Sci.* 2022 Sep;33(9):1347-1371. doi: 10.1177/09567976221084257.
- Himmelstein MS, Puhl RM, Quinn DM. Weight Stigma in Men: What, When, and by Whom? *Obesity.* 2018;26(6):968-976. doi: 10.1002/oby.22162.
- Himmelstein MS, Puhl RM, Quinn DM. Intersectionality: An Understudied Framework for Addressing Weight Stigma. *Am J Prev Med.* 2017 Oct;53(4):421-431. doi: 10.1016/j.amepre.2017.04.003.
- Jackson SE, Steptoe A, Beeken RJ, Croker H, Wardle J. Perceived weight discrimination in England: a population-based study of adults aged ≥ 50 years. *Int J Obes (Lond).* 2015 May;39(5):858-64. doi: 10.1038/ijo.2014.186.
- Kite J, Huang BH, Laird Y, Grunseit A, McGill B, Williams K, Bellew B, Thomas M. Influence and effects of weight stigmatisation in media: A systematic. *EClinicalMedicine.* 2022 May 20;48:101464. doi: 10.1016/j.eclinm.2022.101464.
- Lawrence SE, Puhl RM, Scwhartz MB, Watson RJ, Foster GD. "The most hurtful thing I've ever experienced": A qualitative examination of the nature of experiences of weight stigma by family members. *Soc Sci Med – Qual Res Health.* 2022;2:100073. <https://doi.org/10.1016/j.ssmqr.2022.100073>
- Lessard LM, Puhl RM, Larson N, Simone M, Eisenberg ME, Neumark-Sztainer D. Parental Contributors to the Prevalence and Long-term Health Risks of Family Weight Teasing in Adolescence. *J Adolesc Health.* 2021 Jul;69(1):74-81. doi: 10.1016/j.jadohealth.2020.09.034.
- Media Empathy Foundation. The Media Empathy Report: Spotlight on Weight Stigma. 2022. Available at <https://www.mediaempathy.org/wp-content/uploads/The-Media-Empathy-Report-2022-06-24.pdf>
- Musher-Eizenman DR, Holub SC, Miller AB, Goldstein SE, Edwards-Leeper L. Body size stigmatization in preschool children: the role of control attributions. *J Pediatr Psychol.* 2004 Dec;29(8):613-20. doi: 10.1093/jpepsy/jsh063.
- Paxton SJ, Damiano SR. The Development of Body Image and Weight Bias in Childhood. *Adv Child Dev Behav.* 2017;52:269-298. doi: 10.1016/bs.acdb.2016.10.006.
- Pearl RL. Weight bias and stigma: Public health implications and structural solutions. *Soc Issues Policy Rev.* 2018;12(1):146-182.
- 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 Apr;16(4):319-26. doi: 10.1111/obr.12266.
- Phelan SM, Dovidio JF, Puhl RM, Burgess DJ, Nelson DB, Yeazel MW, Hardeman R, Perry S, van Ryn M. Implicit and explicit weight bias in a national sample of 4,732 medical students: the medical student CHANGES study. *Obesity (Silver Spring).* 2014 Apr;22(4):1201-8. doi: 10.1002/oby.20687.

Video: What is Weight Stigma?

Puhl RM, Heuer CA. The stigma of obesity: a review and update. *Obesity*. 2009;17(5):941-64. doi: 10.1038/oby.2008.636.

Puhl RM, Himmelstein MS, Pearl RL, Wojtanowski AC, Foster GD. Weight Stigma Among Sexual Minority Adults: Findings from a Matched Sample of Adults Engaged in Weight Management. *Obesity (Silver Spring)*. 2019 Nov;27(11):1906-1915. doi: 10.1002/oby.22633.

Puhl RM, Himmelstein MS, Watson RJ. Weight-based victimization among sexual and gender minority adolescents: Findings from a diverse national sample. *Pediatr Obes*. 2019 Jul;14(7):e12514. doi: 10.1111/ijpo.12514.

Puhl RM, Latner JD, O'Brien K, Luedicke J, Danielsdottir S, Forhan M. A multinational examination of weight bias: predictors of anti-fat attitudes across four countries. *Int J Obes*. 2015;39(7):1166-73. doi: 10.1038/ijo.2015.32.

Puhl RM, Lessard LM, Foster GD, Cardel MI. A Comprehensive Examination of the Nature, Frequency, and Context of Parental Weight Communication: Perspectives of Parents and Adolescents. *Nutrients*. 2022 Apr 8;14(8):1562. doi: 10.3390/nu14081562.

Puhl RM, Lessard LM, Pearl RL, Himmelstein MS, Foster GD. International comparisons of weight stigma: addressing a void in the field. *Int J Obes*. 2021;45(9):1976-1985. doi: 10.1038/s41366-021-00860-z.

Puhl RM, Luedicke J, King KM. Public attitudes about different types of anti-bullying laws: Results from a national survey. *J Pub Health Pol*. 2014; 1-15. doi:10.1057/jphp.2014.46

Roehling MV, Roehling PV, & Wagstaff MF. Sex differences in perceived weight-based employment discrimination when weight discrimination is illegal. *Employee Responsibilities and Rights Journal*. 2013;25:159–176. <https://doi.org/10.1007/s10672-013-9217-y>

Rudolph CW, Wells CL, Weller MD, Baltus BB. A meta-analysis of empirical studies of weight-based bias in the workplace. *J Vocational Behav*. 2009; 74:1-10

Sabin JA, Marini M, Nosek BA. Implicit and explicit anti-fat bias among a large sample of medical doctors by BMI, race/ethnicity and gender. *PLoS One*. 2012;7(11):e48448. doi: 10.1371/journal.pone.0048448.

Spahlholz J, Baer N, König HH, Riedel-Heller SG, Luck-Sikorski C. Obesity and discrimination - a systematic review and meta-analysis of observational studies. *Obes Rev*. 2016 Jan;17(1):43-55. doi: 10.1111/obr.12343.

Thompson I, Hong JS, Lee JM, Prys NA, Morgan JT, Udo-Inyang I. A review of the empirical research on weight-based bullying and peer victimisation published between 2006 and 2016. *Educational Review*, 2020;72:1:88-110, DOI: [10.1080/00131911.2018.1483894](https://doi.org/10.1080/00131911.2018.1483894)

Throop EM, Skinner AC, Perrin AJ, Steiner MJ, Odulana A, Perrin EM. Pass the popcorn: "obesogenic" behaviors and stigma in children's movies. *Obesity (Silver Spring)*. 2014 Jul;22(7):1694-700. doi: 10.1002/oby.20652.

Vanhove A, Gordon RA. Weight discrimination in the workplace: A meta-analytic examination of the relationship between weight and work-related outcomes. *J App Soc Psyc*. 2014;44(1):12-22. <https://doi.org/10.1111/jasp.12193>

Yourell JL, Doty JL, Beauplan Y, Cardel MI. Weight-talk between parents and adolescents: A systematic review of relationships with health-related and psychosocial outcomes. *Adol Res Rev*. 2021;6:409-424.

[Supportive Obesity Care Website](#)

© 2023 UConn Rudd Center. All rights reserved
© 2023 Lilly USA, LLC. All rights reserved

