

# THE WEIGHT-INCLUSIVE 411

The Weight-Inclusive Health Section and our 411 seeks to inform and resource the movement toward more evidence-based and weight-inclusive public health education, research and practice.

Oregon Public Health Association  
Weight-Inclusive Health Special Interest Section  
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Welcome to the inaugural issue of our Section's newsletter, "The Weight-Inclusive 411"! To get started, we would like to share our definition of "weight-inclusive."

Weight-inclusive is in contrast to weight-centric. A weight-inclusive approach does not ask or require people to change the size or shape of their body. Rather than conflate weight with health or worthiness, we believe in a more evidence-based and holistic perspective of well-being that can be achieved by people in all shapes and sizes of bodies, if they so desire. Weight-inclusion is an important part of public health social justice work.

Through this newsletter and future Section activities, we hope to expand on this short definition and dig deeper into the advantages of a more weight-inclusive approach to public health education, research and practice. In the coming year, we are planning some roundtable discussions for sharing information on topics that are important to this work.

In the meantime, though, we would like to share some of our favorite resources with you. If you are new to this work, they will give you a good introduction to the issues and potential solutions. If you are already doing weight-inclusive work, perhaps you will find some new tools here, both for your work and for sharing with others who may be weight-inclusive curious. The blurbs below will also give you a little bit of information about each of us, the Section Leadership Team.

## FAVORITE RESOURCES



### DEBBIE KAUFMAN –

I am a Senior Instructor at the OHSU-PSU School of Public Health and I teach an undergraduate course called Body Liberation for Health. One of my favorite articles for introducing folks to these concepts is "[An Evidence-Based Rationale for Adopting Weight-Inclusive Health Policy](#)" by Hunger, Smith, & Tomiyama (2020). - It is a very thorough overview of the issues with a great bibliography, for those who love digging into the details. For those who prefer clicking around on a website, check out: [Body Liberation for Public Health](#).

### HANNAH CORY –

I am an assistant professor of Health Promotion and Community Health at the OHSU-PSU School of Public Health and I teach courses related to health equity, structural determinants of health and social justice. I'm a registered dietitian by training, big history nerd and social epidemiologist, so one of my favorite resources is the article "[The epidemiology of overweight and obesity: public health crisis or moral panic](#)" by Campos, Saguy, Ersnberger, Oliver and Gaesser. I like it because it was written almost 20 years ago, so it refutes the idea that weight inclusion is "new" or a "trend", it explicitly calls out the "obesity epidemic" as a moral panic and debunks a lot of myths that people still claim as facts today.

### LILLIE MANVEL –

I am the Executive Director at Upstream Public Health and the OPHA Board Representative for WIH Special Section. I've been working for nearly three years to make Upstream weight inclusive in policy and practice. My favorite resource is the [Maintenance Phase podcast](#) featuring Aubrey Gordon and Michael Hobbes (note: may not be suitable for younger listeners; lots of swearing). My favorite starter episode is [The Body Mass Index](#).

### NICHOLE KELLY & LIZ BUDD –

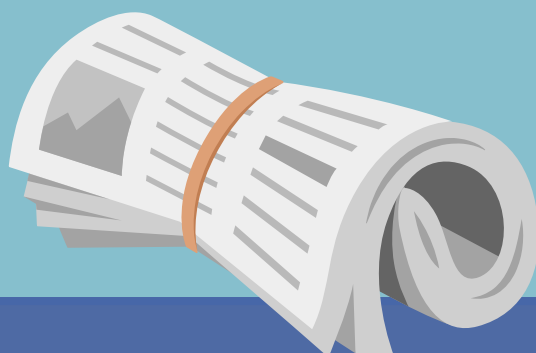
We are Evergreen Associate Professors in Counseling Psychology and Human Services at the University of Oregon. We are also co-creators of ReDefine Health Promotion, developed in large part to support individuals and organizations who are interested in bringing more weight-inclusive health promotion practices to their communities. Check out [our website](#): The [Research tab](#) outlines the primary reasons we shifted our research and clinical work away from weight and towards evidence-based, inclusive metrics.

### JAMIE JONES –

I am a teaching assistant professor in the OHSU-PSU School of Public Health. I work with students and preceptors to onboard and orient them to the MPH internship. I second all of the resources above! I also recommend [Your Fat Friend - A Film by Jeanie Finlay](#).

## FUTURE EDITIONS

Watch for future editions of our 411 and invitations to roundtable discussions on strategies for making public health more weight-inclusive!



### CONTRIBUTORS

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QUESTIONS? COMMENTS? SUGGESTIONS? EMAIL DEBBIE AT [KAUFMAND@PDX.EDU](mailto:KAUFMAND@PDX.EDU)