

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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If you are part of this Special Interest Section, then you likely have some experience and/or knowledge about a weight-inclusive approach to public health. Perhaps you listen to the Maintenance Phase podcast, or you have read one of Aubrey Gordon's books. Maybe a friend referred you to Ragen Chastain's "Weight and Healthcare" newsletter or in your anti-racism work, you came across Da'Shaun L. Harrison's "Belly of the Beast." And, you are interested in advocating for more weight-inclusion at your workplace, but are not sure how to get the conversations started. Or, someone made a statement filled with anti-fat bias, and you weren't sure how to respond.

When you want to challenge a dominant narrative, community is vitally important. Being in community, we gain opportunities to share these new ideas, to process and ask questions. We also benefit from support, understanding and encouragement when we might struggle or doubt ourselves. Anti-fat bias is so pervasive and permeates so many aspects of our culture, so a team approach is necessary for making change.

Join our first Roundtable Discussion on February 21st! Details below. Let's get this conversation started!



For this month, our leadership team is talking about: What has community meant for you in your shift to a more weight-inclusive approach to your work or your life?

Jamie -

For me, the online fat activist community was pivotal in "getting permission" that not only was it okay for me to be in a bigger body (and that nothing was wrong with me), but also gave me new language and analysis to help me step into being comfortable with being an anti-fat bias advocate. This helped me find and create in-person community supportive of and supporting weight-inclusion, anti-fat bias, and body liberation advocacy and discourse.

Lillie -

Soon after I started my organization's transition to weight inclusion, knowing it was the right and best thing to do, I continued to have outside pressures to stay on the traditional public health path that institutionalized weight stigma. I initially let those moments cast doubt in my mind. Through outreach to folks on this leadership team and through other reading/listening, I was reminded that weight inclusion is and will always be the only way forward for any organization working in public health.

Debbie -

I have learned so much from sharing with others who are also on this path to body liberation and a weight-inclusive approach to public health. I love knowing just who to call when I need encouragement or have a question.

Hannah -

Being in community with fat activists has helped me to expand my perspectives and recognize systemic injustices that had previously rubbed me the wrong way, but I hadn't had language to name, such as my patients not receiving certain procedures due to their weight. It has made me a better advocate and increased my ability to imagine a more weight-inclusive public health field and world, more broadly.

Liz -

Doing weight bias and discrimination prevention work in community has meant that I could do so much more of it and on bigger stages than I would have on my own. The community or partnership makes me braver and feel more sure that this work is so desperately needed despite push-back.

Nichole -

Community has meant everything to my shift to a more weight-inclusive approach to work and life. It's how I've learned to do things differently and better. It's how I've had the energy and support to pursue these changes.



JOIN THE DISCUSSION

For all these reasons and more, we encourage you to join our first Roundtable Discussion, Friday, February 21st from 12:30 to 2:00pm via Zoom ([link to register](#)). Topic: How to Talk About Weight-Inclusive Health. Watch for the calendar invite!

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