

## Body Diversity Resource Guide

A toolkit made by students for students

Presented by NSU's Social and Clinical Psychology Lab

The following is the beginning of a multi-part guide containing a wide variety of resources designed to raise awareness about weight stigma, diet culture, body image, and body diversity. **Body Diversity** is the recognition and appreciation that all bodies look and function differently. Celebrating Body Diversity is important because it can reduce stigmatizing experiences for those living in larger bodies and encourage more positive body image for all. This resource guide was created to facilitate a safe and inclusive space for people of all shapes and sizes and it will include books, social media, podcasts, and size inclusive and body positive brands. These will guide you if you're working on your own body image, and highlight the importance of reducing weight stigma to create a safer, more welcoming environment where diversity and inclusion are the norm.

Stay tuned for parts 2&3 of this resource guide which will address topics such as disordered eating, orthorexia, beauty ideals, health, wellbeing, racism and body image, body positivity, and body liberation.

If you have any additional resources, or questions or comments, please reach out to Rebecca Hill (rh1342@mynsu.nova.edu).



### Some Important Definitions:

- **Weight stigma:** negative attitudes related to weight which result in prejudice, stereotyping, and discrimination based on a person's weight. Weight stigma can increase body dissatisfaction, a leading risk factor in the development of eating disorders.
  - **Weight Prejudice:** refers to negative attitudes about people who have higher body weight
  - **Weight Stereotypes:** are over generalized, fixed beliefs about the personal attributes and traits of those of a higher body weight
  - **Weight Bias Internalization: (WBI)** also known as self-directed weight stigma – occurs when individuals are aware of negative weight-based stereotypes and attitudes apply those stereotypes to themselves.
- **Health at Every Size:** A movement across health disciplines that recognizes that well-being and healthy habits are more important than any number on the scale and anyone can engage in health seeking behaviors regardless of their body shape or weight.
- **Diet Culture:** a toxic belief system that focuses on and values weight, shape, and size. Diet culture focuses on weight loss, and equates thinness with health and fatness with disease. Diet culture influences various aspects of Westernized cultures and perpetuates weight stigma. Diet culture and obsession with weight loss negatively impact physical and psychological health for all bodies.

### Resources:

#### Websites:

- The Association for Size Diversity and Health (ASDAH) <https://www.sizediversityandhealth.org/>
- A Resource Guide on Body Image and Mental health <http://www.themilitantbaker.com/p/resources.html>
- The National Eating Disorders Association's page for Weight Stigma Awareness week (9/28-10/2) <https://www.nationaleatingdisorders.org/get-involved/weight-stigma-awareness-week>
- The Website for Dr. Lindo Bacon- Author of Health at Every Size <https://lindobacon.com/>

#### Books:

- "Health At Every Size: The Surprising Truth about Your Weight" Lindo Bacon (2008)
- "Anti-Diet: Reclaim Your Time, Money, Well-Being and Happiness Through Intuitive Eating" Christy Harrison (2019)
- "Shrill: Notes From a Loud Woman " Lindy West (2019)
- "Things No One Will Tell Fat Girls: A Handbook for Unapologetic Living" Jes Baker (2015)
- "FAT!SO?" Mariyn Wann (1998)

### Instagram:

@AntiDietRiotClub

@ With\_This\_body

@Thebodyisnotanapology

@Yrfatfriend

### Podcasts:

Food Psych with Christy Harrison

IWeigh with Jameela Jamil

Do No Harm Podcast with DeAun Nelson and Sarah Thompson

Love your Body Podcast with Dani D

### Try shopping at brands which promote body positivity and size inclusivity:

- Aerie
- Savage X Fenty
- Eloquii (sizes 14-28)
- The Girlfriend Collective (XXS-6XL)
- Universal Standard (sizes 00-40)