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Unlearning fatphobia

Educational resources

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Canadian Centre for Diversity and Inclusion
Centre canadien pour la diversité et l'inclusion

Educational resources for unlearning fatphobia

Fatphobia, or weight stigma, is bias or discrimination towards fat individuals because of their weight. This prejudice is often rationalized by people who espouse it as a concern for individuals' health or rooted in protecting public health. Commonly held biases towards fat people include the notions that fat people are unattractive, lazy, less intelligent, or undisciplined. These biases can translate into harmful behaviours, including harassment, bullying, body shaming or other negative comments about appearance and characteristics that people can't control, microinequities and microaggressions, negative representations in the media, and employment discrimination.

A note on terminology

The word “fat” is being reclaimed by the community and is used throughout this guide and its resources. “Fat” is not a pejorative term unless someone intends to be.

“Overweight” and “obese/obesity” are medical terms used to categorize fat people based on measures like the Body Mass Index. The word “obesity” stems from a Latin word meaning “that has eaten itself fat,” giving it elements of decadence, lack of discipline and blaming individuals for the size of their bodies at its core. Thus, the words “obese” and “obesity” should generally be avoided.

Please note that some of the suggested resources in the list may use terms (like obese) that are generally not recommended, as these resources may still provide some useful insights.

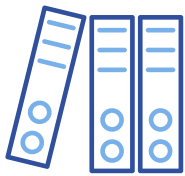


CCDI WEBINARS

The following webinars were delivered previously, and recorded versions can be accessed via CCDI's Knowledge Repository. If your organization is a [CCDI Employer Partner](#), you and your colleagues can visit the [Knowledge Repository portal](#) to register for access (using a work email address) and login credentials will be sent via e-mail (check Inbox and Junk Mail folder just in case).

- [Unlearning fatphobia - Body diversity and fat inclusion / Déconstruire la grossophobie - La diversité corporelle et l'inclusion des personnes grosses](#) (2023)

Please view a [schedule and descriptions of our upcoming webinars](#) to be delivered live (recorded versions will be accessible via CCDI's Knowledge Repository shortly thereafter). If your organization is a CCDI Employer Partner, you and your colleagues can register and attend for free. If your organization is not currently a CCDI Employer Partner and you are interested in joining, you can [learn more about partnership and submit an inquiry here](#).



ARTICLES, REPORTS, AND TOOLS

Understanding and deconstructing fatphobia

Bilingual

- [Fat phobia / Grossophobie](#), Unia
- [We read it for you: fatphobia, that “acceptable prejudice” / On l’a lu pour vous: la grossophobie, ce « préjugé acceptable »](#), URelles

English

- [‘Fat’ Isn’t a Bad Word—It’s Just the Way I Describe My Body](#), Self
- [First do no harm? Weight stigma by the numbers](#), Canadian Centre for Policy Alternatives
- [Internalized Fat Phobia](#), HER Health Collective
- [Understanding Fatphobia and Anti-Fat Bias](#), DiveThru
- [Why recognising your thin privilege can reduce your perpetuation of weight based stigma and improve your body image](#), Butterfly Foundation
- [Why the Word “Ob*sity” is Fatphobic](#), National Alliance for Eating Disorders

French

- [Allié.e contre la grossophobie : mode d’emploi](#), ÉquiLibre
- [Dire non à la grossophobie](#), Actualités UQAM
- [Grossophobie : Mieux comprendre l’inclusion pour les personnes grosses](#), Loisir inclusif
- [Grossophobie.ca – Infos & référence](#)
- [La grossophobie : guide d’informations et de références \(PDF\)](#), Arrimage, Grossophobie.ca
- [Pour en finir avec la grossophobie](#), VÉRO
- [Qu’est-ce que la grossophobie internalisée?](#) ÉquiLibre
- [Ressources clés pour mieux comprendre la lutte contre la grossophobie](#), Gras Politique
- [Suis-je grossophobe sans le savoir?](#) ÉquiLibre

Body positivity, fat liberation, and other movements

English

- [Body positivity won't achieve fat liberation](#), Broadview
- [Confessions of a Body Positivity Dissenter: Body Positivity vs. Body Neutrality](#), ANAD
- [Fat acceptance as social justice](#), Canadian Medical Association Journal
- [Here's What Fat Acceptance Is—and Isn't](#), yes!
- [The Feminist History of Fat Liberation](#), Ms.
- [The Rebellious History of the Fat Acceptance Movement](#), Center for Discovery
- [What fat liberation means to me: It's not just about "all bodies"](#), NAAFA
- [What's the Difference Between Body Positivity and Body Liberation?](#) Project HEAL

French

- [« Body positive », diversité corporelle, « Fat acceptance »...](#), Grossophobie.ca
- [Grosse histoire : The Fat Liberation Manifesto](#), Gras Politique
- [L'approche Health At Every Size®](#), Manger en Harmonie
- [La neutralité corporelle : et autres mouvements liés à l'image corporelle \(PDF\)](#), Arrimage
- [Le courant body positive peut-il m'aider à faire la paix avec mon corps ?](#) ÉquiLibre
- [Le problème avec le mouvement body positive](#), The Last Quiche
- [Neutralité corporelle \(ou cesser de se soucier de son corps\)](#), VÉRO
- [Oppression et libération de la grosseur](#), dièses
- [Repenser l'acceptation du corps](#), Manger en Harmonie

Fatphobia and size inclusion in the workplace

Bilingual

- [For an inclusive and weight friendly workplace \(a model resolution\) \(PDF\)](#) / [Être un milieu de travail inclusif et bienveillant à l'égard du poids \(Modèle de résolution\) \(PDF\)](#), Table québécoise sur la saine alimentation

English

- [Confronting Weight Bias and Discrimination in the Workplace](#), SHRM
- [Creating Weight-Inclusive Workplaces](#), Body Liberation + Public Health Project
- [Fatphobia Is Rampant in the Workplace. Employers Need to Tackle It in Their DEI Strategy](#), Canadian Business
- [Size diversity in employment - HR Training Guide \(PDF\)](#), NAAFA
- [Size Inclusivity: A forgotten dimension of DEI efforts](#), Seen@Work
- [The Weight of Workplace Wellness](#), Feminuity
- [What's Fat Got To Do With It?: Sizeism and Appearance Privilege in the Workplace](#), Inclusion Geeks

French

- [Grossophobie au travail : la reconnaître pour mieux y remédier](#), Pratiques RH
- [Grossophobie et discrimination à l'embauche : comment y faire face ?](#) CIDJ
- [La grossophobie au bureau est-elle encore tolérée?](#) Quatre,95
- [La grossophobie en milieu de travail au Québec](#), Alliance carrière travail
- [Lutter contre la grossophobie au travail](#), À Compétence Égale
- [Ma grosseur n'est pas un handicap](#), Grossophobie.ca

Fatphobia and weight-related stigma in healthcare

Bilingual

- [Act Together for a Healthier, More Weight-Inclusive Medical Environment \(PDF\)](#) / [Agir collectivement pour un milieu médical plus sain et inclusif à l'égard du poids \(PDF\)](#), Le Collectif Vital, Association pour la santé publique du Québec
- [Fatphobia](#) / [Grossophobie](#), Le Collectif Vital
- [Guide for Using Weight-Inclusive and Non-Stigmatizing Language \(PDF\)](#) / [Guide pour un langage inclusif et non stigmatisant à propos du poids \(PDF\)](#), Association pour la santé publique du Québec
- [Healthcare without Harm: Supporting Patients with Weight Inclusive Care](#) / [Soins de santé sans méfaits: Soutien des patient\(e\)s avec des soins inclusifs à l'égard du poids](#), Ontario Dietitians in Public Health
- [The Risks of Fatphobia to Health and Equity](#) / [Les risques de la grossophobie pour la santé et l'équité](#), Institute for Healthcare Improvement
- [Towards a Weight-Inclusive Approach in Public Health](#) / [Vers une approche inclusive à l'égard du poids en santé publique](#), Ontario Dietitians in Public Health
- [Weight-related stigma in the health care system: findings and possible solutions](#) / [La stigmatisation liée au poids dans le système de soins de santé : constats et pistes de solution](#), Canadian Nurse

English

- [Guide for Healthcare Providers with Fat Clients](#), NAAFA
- [Medical fatphobia: Weight-based discrimination in healthcare settings](#), Within Health
- [The body mass index: What's the use?](#) Body Image
- [The Real Epidemic: Anti-Fatness in Health Care](#), Bodies in Translation
- [Weight Bias and its Clinical Consequences](#), Dialogue

French

- [Grossophobie médicale – Parlons-en!](#) Gras Politique
- [Grossophobie médicale: les médecins doivent cesser de recommander des diètes à leurs patients](#), Le Journal de Montréal
- [La stigmatisation liée au poids : Prévenir la grossophobie pour des pratiques de santé publique inclusives](#), Gouvernement du Québec
- [Personnes gros-ses et santé](#), QT Fatties NB & Regroupement féministe du Nouveau-Brunswick

Intersectional perspectives on fatphobia

Bilingual

- [The Intersection of Fatmisia and Transmisia / Quand grossophobie et transphobie se rencontrent](#), Kivan Bay on Medium

English

- ['Chokecherry eyes and frybread thighs': Fatphobia in Indian Country](#), Tenille K. Campbell, CBC First Person
- [Crossroads: Ableism X Fatphobia](#), Mason Smith, An Injustice! on Medium
- [Fatphobia as a form of gender-based violence: Fat women, public space and body belonging work](#), Elizabeth Mohr and Kimberly Jamie, Fat Studies
- [Fighting fatphobia](#), MIT Technology Review
- [How the Use of BMI Fetishizes White Embodiment and Racializes Fat Phobia](#), Sabrina Strings, PhD, AMA Journal of Ethics
- [Plus Us: Does Your Body Positivity Waver on Ableist?](#) Gianluca Russo, Nylon
- [The Racist and Problematic History of the Body Mass Index](#), Adele Jackson-Gibson, Good Housekeeping
- [The racist history of fatphobia and weight stigma](#), Within Health
- [The Racist Roots of Fighting Obesity](#), Sabrina Strings and Lindo Bacon, Scientific American
- [The Systems of Oppression Behind Fatphobia](#), Asher Firestone, Fearless Futures on Medium
- [Why Do We Fear Fat? A Brief Overview of the History of Fatphobia and Colonialism](#), Athena Nair, Laidlaw Scholars

French

- [Boîte à outils pour une approche féministe intersectionnelle !](#) Mélanie Therrien, l'Université de Sherbrooke
- [Grossophobie et racisme : Sabrina Strings met au jour les racines de haines liées](#), Axelle
- [La lutte à la grossophobie : un enjeu féministe intersectionnel](#), Mélanie Therrien, D'Main de Femmes
- [La nutrition en manque d'inclusion](#), Catherine Lefebvre et Bernard Lavallée, CBC Mordu



BOOKS

CCDI encourages you to check with your local bookstore or municipal library for availability of these publications.

Bilingual

- Hunger / Affamée (Roxane Gay; 2017)
- The Metamorphoses of Fat / Les métamorphoses du gras (Georges Vigarello; 2013)
- Dietland / Bienvenue à Dietland (Sarai Walker; 2015)

English

- Being Fat: Women, Weight, and Feminist Activism in Canada (Jenny Ellison; 2020)
- Belly of the Beast: The Politics of Anti-Fatness as Anti-Blackness (Da'Shaun L. Harrison; 2021)
- Fat Activism: A Radical Social Movement (Charlotte Cooper; 2016)
- Fat and Queer: An anthology of queer and trans bodies and lives (anthology; 2021)
- Fat Gay Men: Girth, Mirth and the Politics of Stigma (Jason Whitesel; 2014)
- Fat Girls in Black Bodies (Joy Arlene Renee Cox, PhD; 2020)
- Fat, Pretty and Soon to be Old (Kimberly Dark; 2019)
- Fearing the Black Body: The Racial Origins of Fat Phobia (Sabrina Strings; 2019)
- Happy Fat: Taking Up Space in a World That Wants to Shrink You (Sofie Hagen; 2019)
- Landwhale (Jes Baker; 2018)
- My Life as a Goddess: A memoir through (un)popular culture (Guy Branum; 2018)
- No Weigh! (Asher Larmie; 2026)
- The body is not an apology, 2nd edition (Sonya Renee Taylor; 2021)
- Thickening Fat: Fat Bodies, Intersectionality, and Social Justice (May Friedman, Carla Rice, Jen Rinaldi; 2019)
- Unashamed: Musings of a Fat, Black Muslim (Leah Vernon; 2019)
- Unshrinking: How to Face Fatphobia (Kate Manne; 2024)
- Weightless: Making Space for My Resilient Body and Soul (Evette Dionne, 2022)
- What We Don't Talk About When We Talk About Fat (Aubrey Gordon; 2020)
- You Have the Right to Remain Fat (Virgie Tovar; 2018)
- "You Just Need to Lose Weight" and 19 Other Myths About Fat People (Aubrey Gordon; 2023)

French

- « Gros » n'est pas un gros mot : Chroniques d'une discrimination ordinaire (Daria Marx, Eva Perez-Bello, Gras Politique; 2018)
- Au-delà de la grossophobie : Redéfinir son bien-être et habiter son corps (Julia Lévy-Ndejuru, Marilou Morin-Laferrière; 2023)
- Corps Rebelle: Réflexions sur la grossophobie (Gabrielle Lisa Collard; 2021)
- Fière d'être moi-même (Gaëlle Prudencio; 2021)
- Grosse, et puis ? Connaître et combattre la grossophobie (Edith Bernier; 2020)
- Grossophobie : sociologie d'une discrimination invisible (Solenne Carof; 2021)
- La vie en gros : Regard sur la société et le poids (Mickaël Bergeron; 2019)
- On ne naît pas grosse (Gabrielle Deydier; 2017)
- T'as un joli visage (Shérazade Leksir, Céline Segure; 2021)



FILM AND TELEVISION

Please note: There may be a cost related to watching this content and CCDI is not responsible for those costs.

Bilingual

- [Dietland](#) / [Dietland \(FR\)](#) (AppleTV, [Canal+-FR](#), [Prime Video](#), [AMC+](#))
- [Dumplin'](#) / [Miss Dumplin \(FR\)](#) (Netflix)
- [Embrace: The Documentary](#) / [Embrace \(sous-titres en français\)](#) (Plex, [AppleTV](#))
- [Empire Waist](#) / [Empire Waist \(sous-titres en français\)](#) (Prime Video)
- [Glow](#) / [Glow \(FR\)](#) (Netflix)
- [Isn't It Romantic](#) / [N'est-ce pas romantique](#) (Prime Video, [AppleTV](#), [AppleTV-FR](#))
- [Little Miss Sunshine](#) / [Little Miss Sunshine \(FR\)](#) (Disney+, [Prime Video](#), [Crave](#))
- [Tales of Ordinary Fatphobia](#) / [Contes d'une grossophobie ordinaire](#) (National Film Board)
- [Thunder Force](#) / [Thunder Force \(FR\)](#) (Netflix)

English

- [Fat Front](#) (AppleTV, [YouTube](#); Danish with English subtitles)
- [Piggy](#) (Prime Video, [AppleTV](#))
- [Real Women Have Curves](#) (Crave)
- [Well Rounded](#) (may be available on DVD to purchase or at your local library)
- [Your Fat Friend](#) (CBC Gem)

French

- [Daria Marx, ma vie en gros](#) (Capuseen)
- [J't'aime gros](#) (illico+)
- [La grosse vie de Marie](#) (France TV)
- [On achève bien les gros](#) (YouTube)



TED TALKS

French links are for the original Ted Talk with French subtitles and/or French transcript.

Bilingual

- [Enough with the fear of fat / Assez avec la grossophobie !](#) (Kelli Jean Drinkwater)
- [The inaccurate link between body ideals and health / Le lien inexact entre les idéaux corporels et la santé](#) (Nancy N. Chen)

English only

- [Body Size At Work: The Last Taboo](#) (Andrea Westbrook)
- [Breaking Bias](#) (Sarah Bramblette)
- [Fear Of A Fat Planet: Obesity, Medical Racism, Me](#) (Hannah-Maria Francis)
- [Hollywood's Fatphobia Problem](#) (Jen Ponton)
- [I Named My Jeans Billie](#) (Amri' Littlejohn)
- [Let's unpack our fear of fatness](#) (Athena Nair)
- [Let's talk about fat bias and thin privilege](#) (Madison A. Krall)



PODCASTS

English

- [Butterfly: Let's Talk – What is fat phobia \(and why should you care\)?](#)
- [Fat Joy](#)
- [Fat. So?](#)
- [Food Psych](#)
- [Fresh Air, NPR – Dismantling Anti-Fat Bias](#)
- [Health at Every Size®](#)
- [Maintenance Phase](#)
- [Peach, Please!](#)
- [Short Wave, NPR – Fat Phobia And Its Racist Past And Present](#)
- [The Body Image Podcast – S4, Ep.3: Moving Through Fatphobia in Our Diet-Obsessed Culture with Victoria Welsby](#)
- [The Body Trust Podcast](#)
- [The Fat Doctor Podcast](#)
- [UFYB 149: Diet Culture, Internalized Oppression, & Fat Bias – My Story](#)

French

- [À plat ventre : la culture des diètes avec Loounie](#)
- [Au-delà du miroir : réflexions sur l'image corporelle](#)
- [Bien Avec Mon Corps](#)
- [Elles sont](#)
- [La croisée – Grossophobie et racisme : des liens troublants](#)
- [Le balado de Rad – La grossophobie avec la créatrice de contenu Sonia Tremblay](#)
- [Ma santé pour la vie – La grossophobie](#)
- [Matière Grasse](#)
- [On s'appelle et on déjeune – Faut-il « manger comme des Blancs » pour être en santé?](#)
- [Quoi de meuf – À corps ouverts](#)
- [Reset ton Assiette](#)



INSTAGRAM ACCOUNTS

CCDI is not responsible for the content posted by any of these accounts.

English

- Asher Larmie ([@thefatdoctor](#))
- Association for Weight and Size Inclusive Medicine ([@awsim_official](#))
- Aubrey Gordon ([@yrfatfriend](#))
- Bri Campos ([@bodyimagewithbri](#))
- Da'Shaun L. Harrison ([@dashaunlh](#))
- Kenzie Brenna ([@kenziebrenna](#))
- Marquisele Mercedes ([@fatmarquisele](#))
- Medical Students for Size Inclusivity ([@sizeinclusivemedicine](#))
- Monica Kriete ([@fattymph](#))
- Ragen Chastain ([@ragenchastain](#))
- Shana Minei Spence, MS, RDN, CDN ([@thenutritiontea](#))
- Sofie Hagen ([@sofiehagendk](#))
- Vinny Welsby ([@fierce.fatty](#))

French

- Edith Bernier ([@edithbernier.ca](#))
- Grossophobie.ca ([@grossophobie.ca](#))
- Guylaine Guay ([@guylou_guay_](#))
- Julia Lévy-Ndejuru, Dt.P., M.Sc. ([@julialevyndejur](#))
- Pratique Inclusive ([@pratique.inclusive](#))
- Shérazade Leksir ([@stopgrossophobie](#))