

Sizeism, Fatphobia, and Violence

What's the Connection?



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Identity Impacts Implementation

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Identity Impacts Implementation

WHITE **CISGENDER**
NO VISIBLE DISABILITY
QUEER **THIN PRIVILEGE**
MIDDLE CLASS



**Take care
of yourself**



What brought you to this webinar?

Our Time Together

Definitions

Addressing myths

Intersections of oppression

Connection to violence

Practical application and being an ally



**Where did
you learn that
fat = bad?**

**Fat is not a
bad word.**

Definitions: Fatphobia and sizeism

Negative attitudes toward and discrimination against fat people/people of size

Examples:

Using “fat” as an insult

Weight loss prescribed for routine illnesses

An entire group of people called a “disease”

Definition: Diet Culture

The cultural idea that diet choices are a reflection of moral character

Examples:

Broccoli is “good” and potatoes are “bad”; you’re “being bad” if you eat pizza instead of a salad

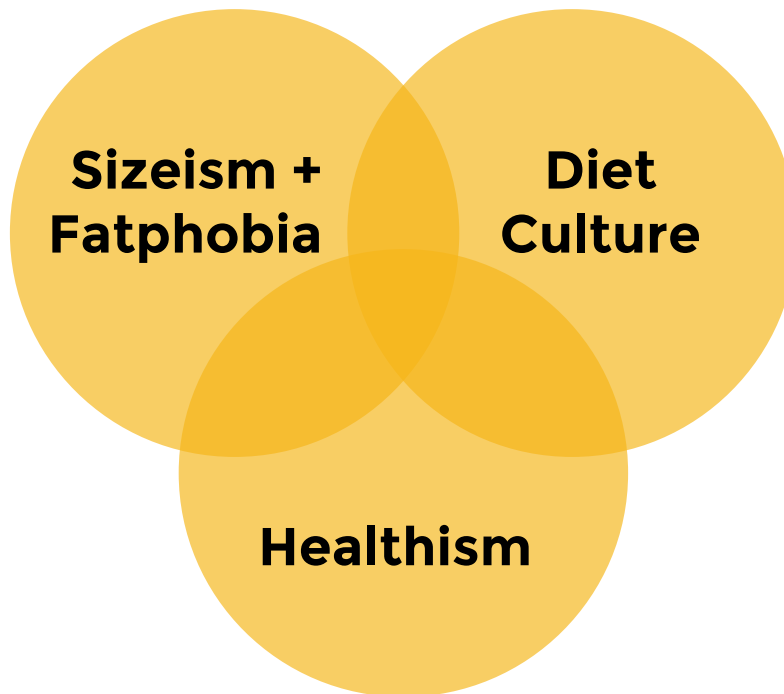
Definition: Healthism

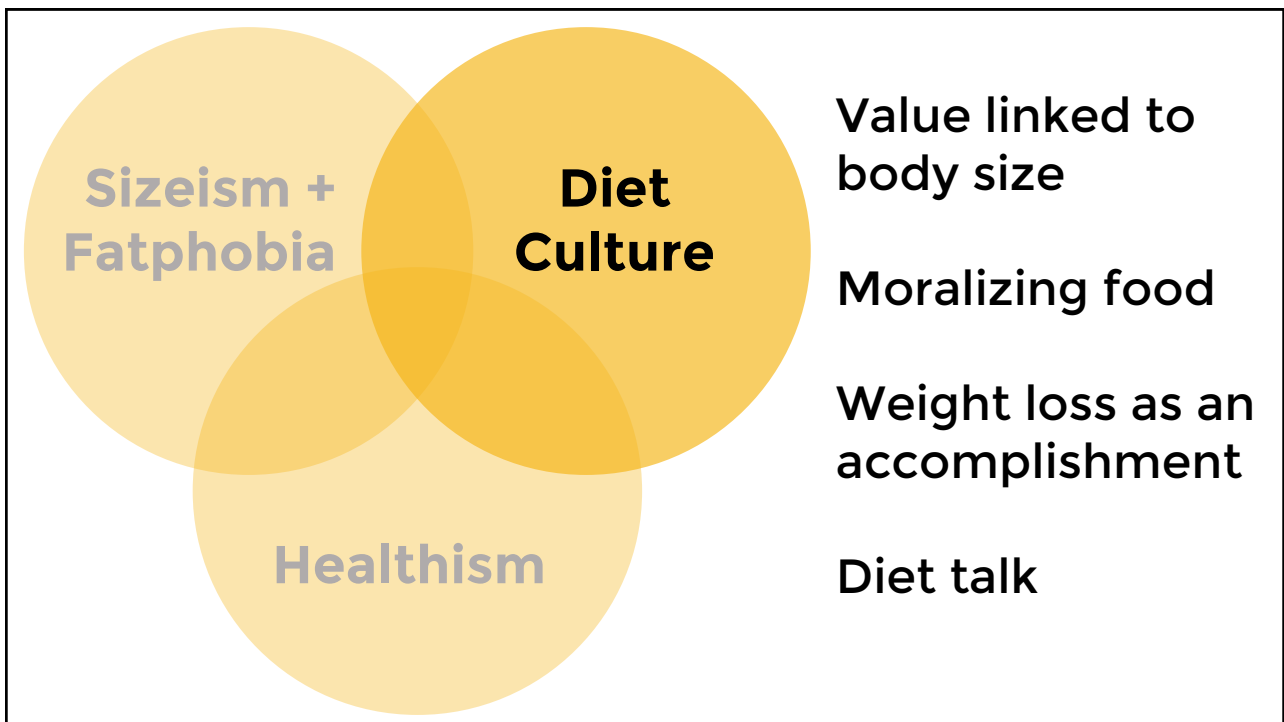
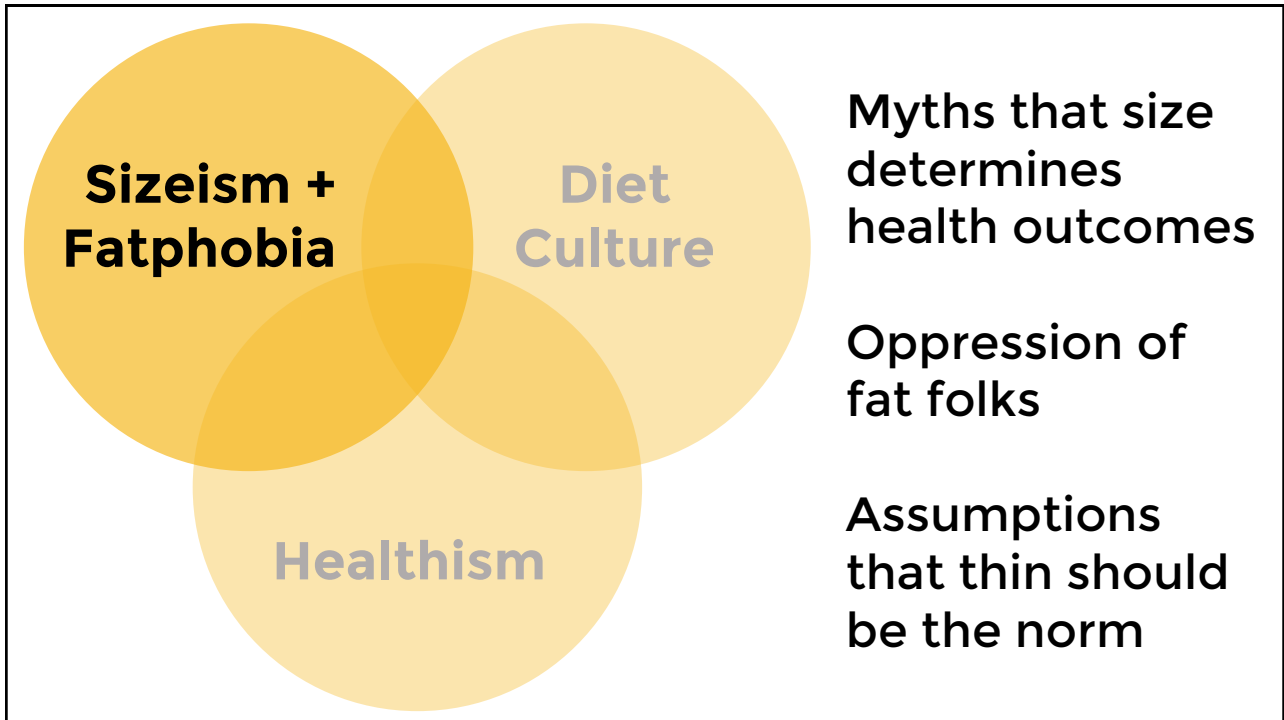
The cultural belief that physically healthy people are more valuable

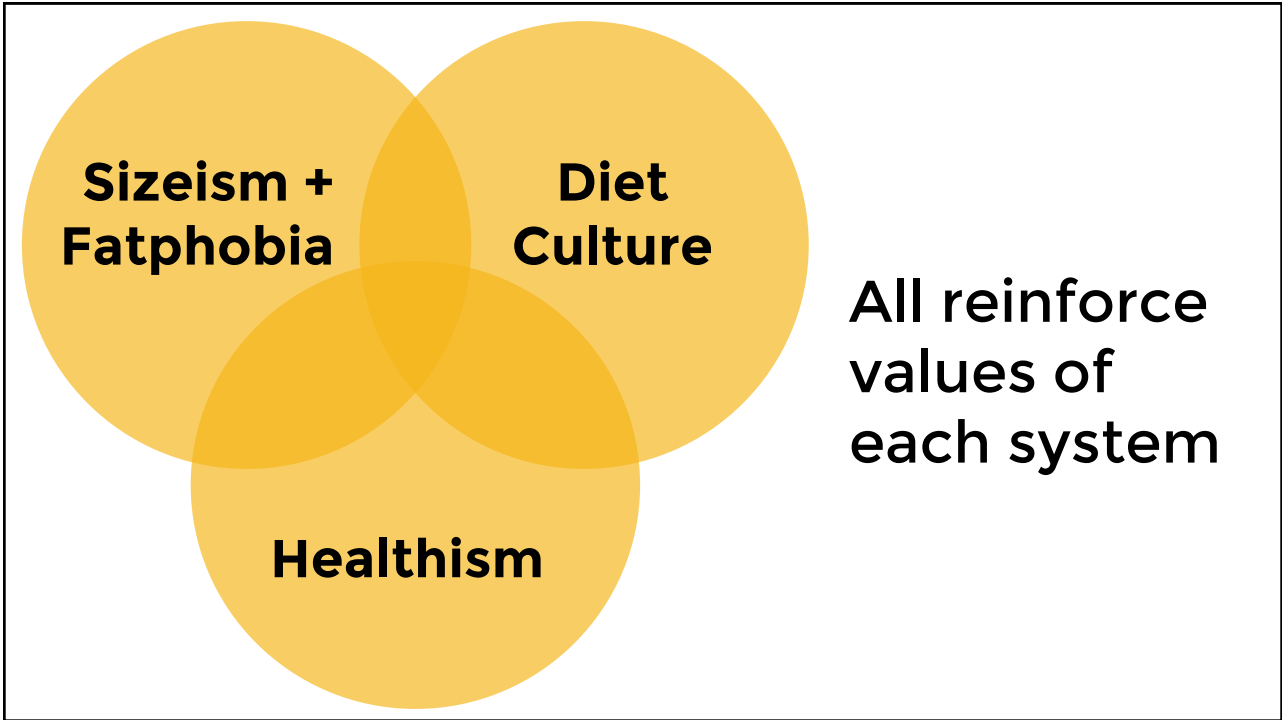
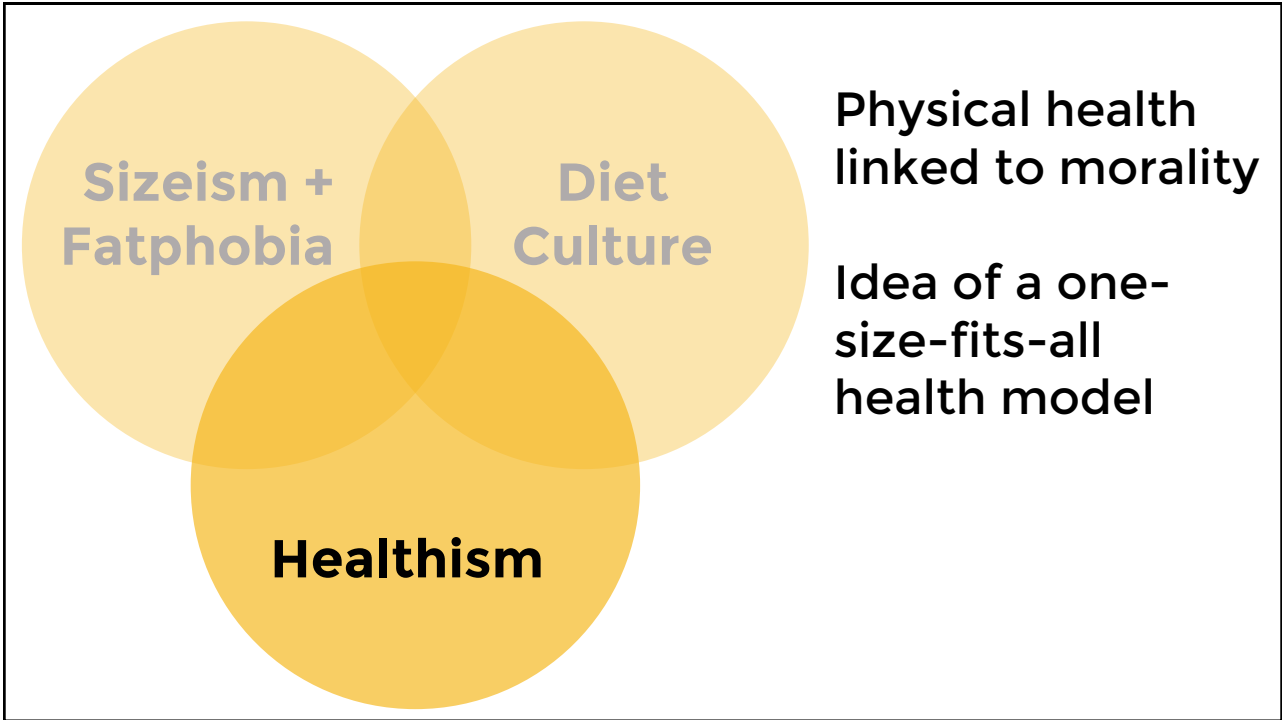
Examples:

Assuming “unhealthy” people are at fault for their health outcomes

Negative attitudes toward people who aren't actively pursuing the culturally-defined definition of health







Breaking down myths

Health, Diets, and Fat

Social Determinants of Health

Health and Fat

We cannot determine a person's healthy by looking at them.

Overweight BMI category = lower rates of mortality

Doesn't consider non-physical forms of health

Examples: eating disorders

“Fat is a **standalone identity and existence – not a deviation or **failure to be thin.**”**

Virgie Tovar

Health is a privilege.

Chronic Stress and Health

Exposure to chronic stress creates negative health outcomes

Oppression and discrimination cause chronic stress

Marginalized communities are at higher risk for poor health outcomes *because of* oppression



Health is a
privilege.



Access to health
is a privilege.



**Who has
access to
health care?
Good health
care?**



What happens when people don't have access to health care?

Truth about diets



**Majority
(95%) of
diets fail.**

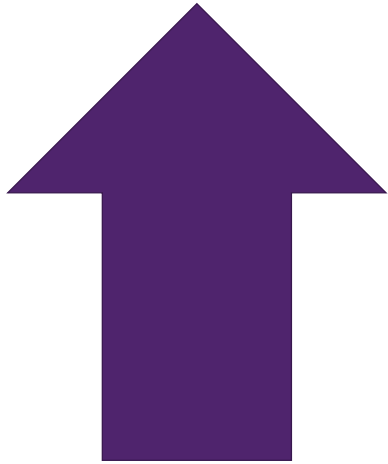
Process of Dieting

Restricting food

Triggers survival mode

Stores food as energy

Body plateaus



**Diets can
raise a
body's set
point.**

Diets can have negative health impacts.

Lowers metabolism

Higher levels of cortisol (stress hormone)

Triggers neurons to amplify hunger

Increased obsession with food/feeling “out of control”

Risk factor for eating disorders

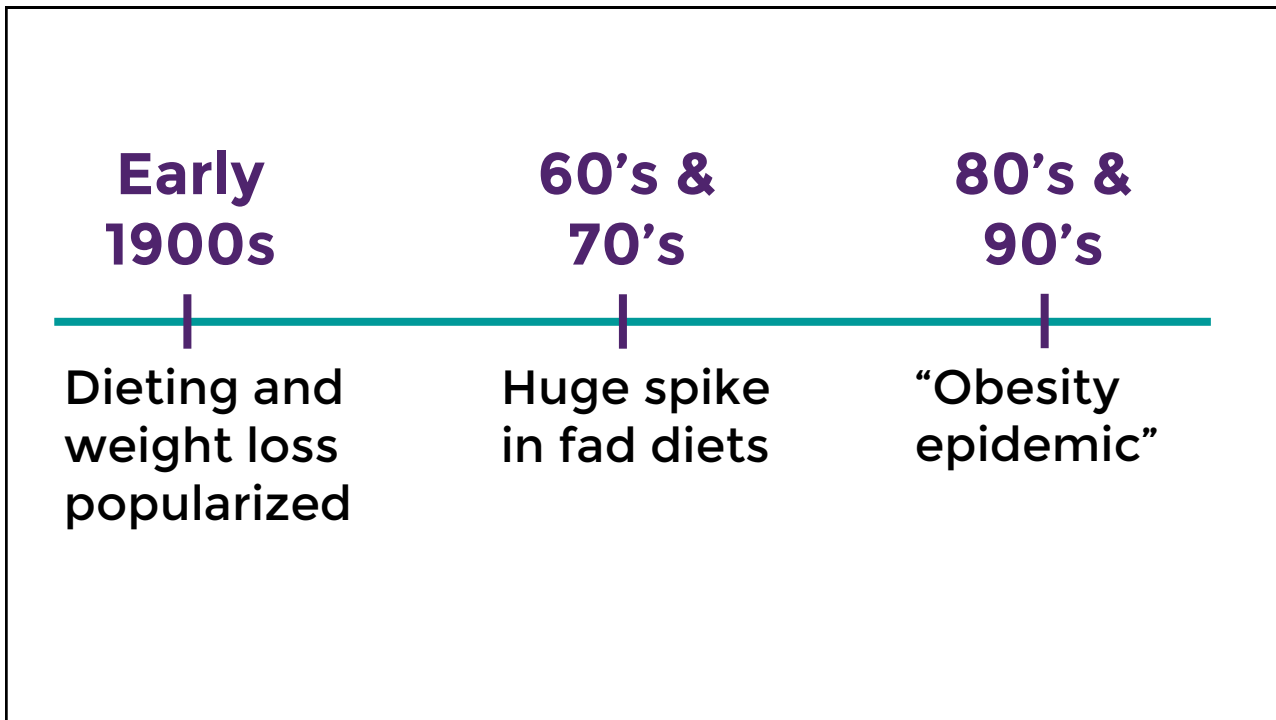
Chronic Dieting/Yo-Yo Dieting

Increased risk for heart disease

Impaired immune functioning

Diminished executive functioning

The “Obesity Epidemic”



Obesity Epidemic?

Or dieting epidemic?

Obesity-related illnesses are correlation, not causation

Health impacts from dieting similar to health impacts linked to obesity

Body Mass Index (BMI)

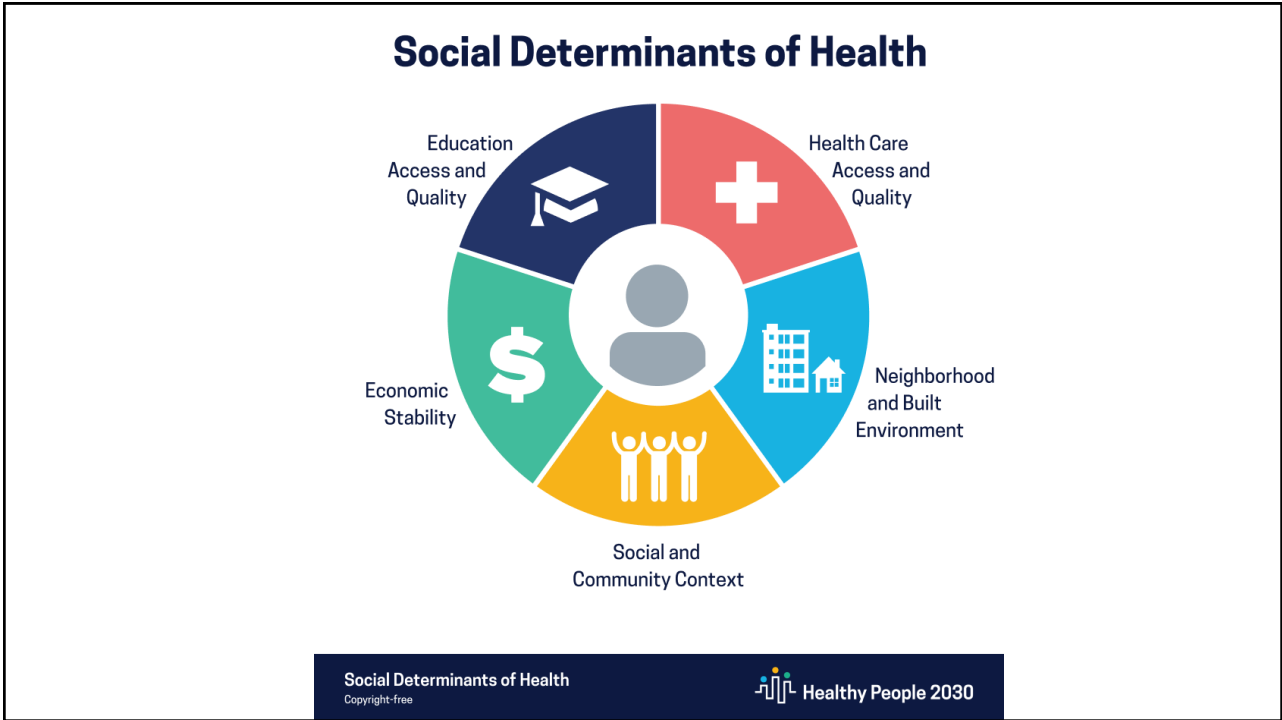
Created by a Belgian mathematician in 19th century

Reinvented by Ancel Keys in mid-1900s to look at trends in populations, *not individual people*

Does not accurately measure health

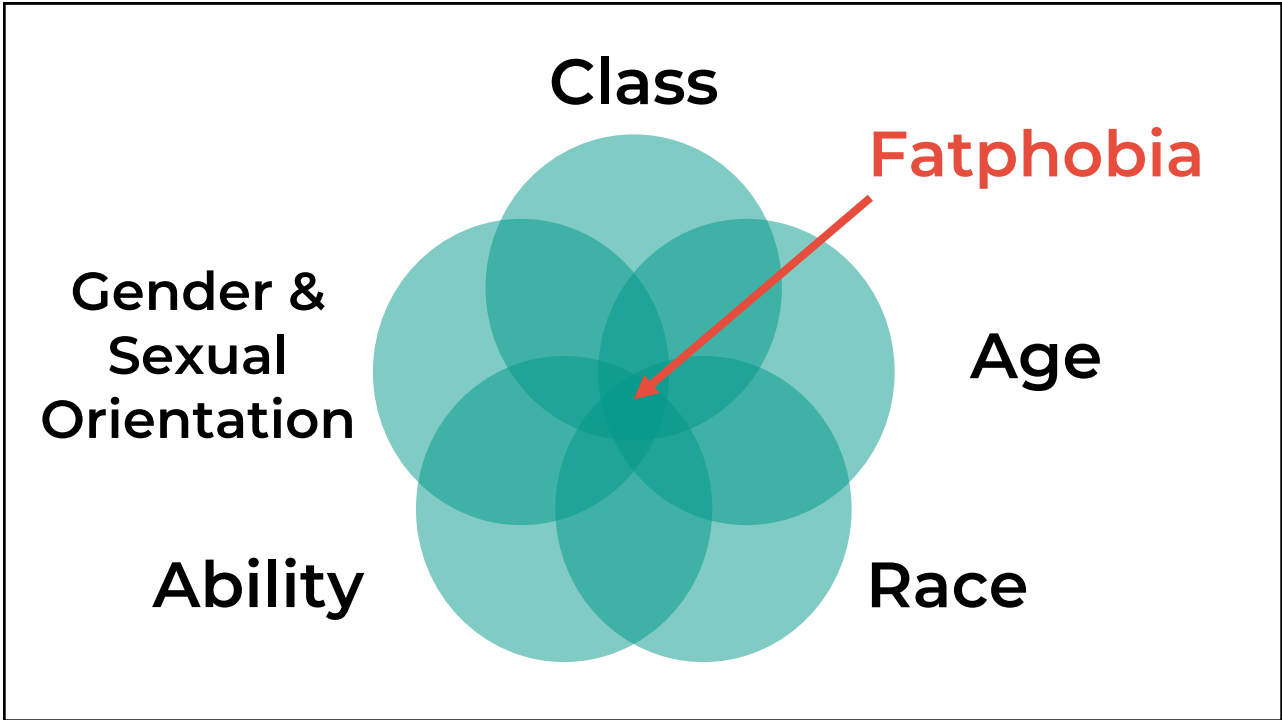


**How do you
think society
defines
health?**





What might impact a person's ability to live healthfully?



Discrimination everywhere

Health care providers

Places of employment

Public areas

Schools and institutions of education

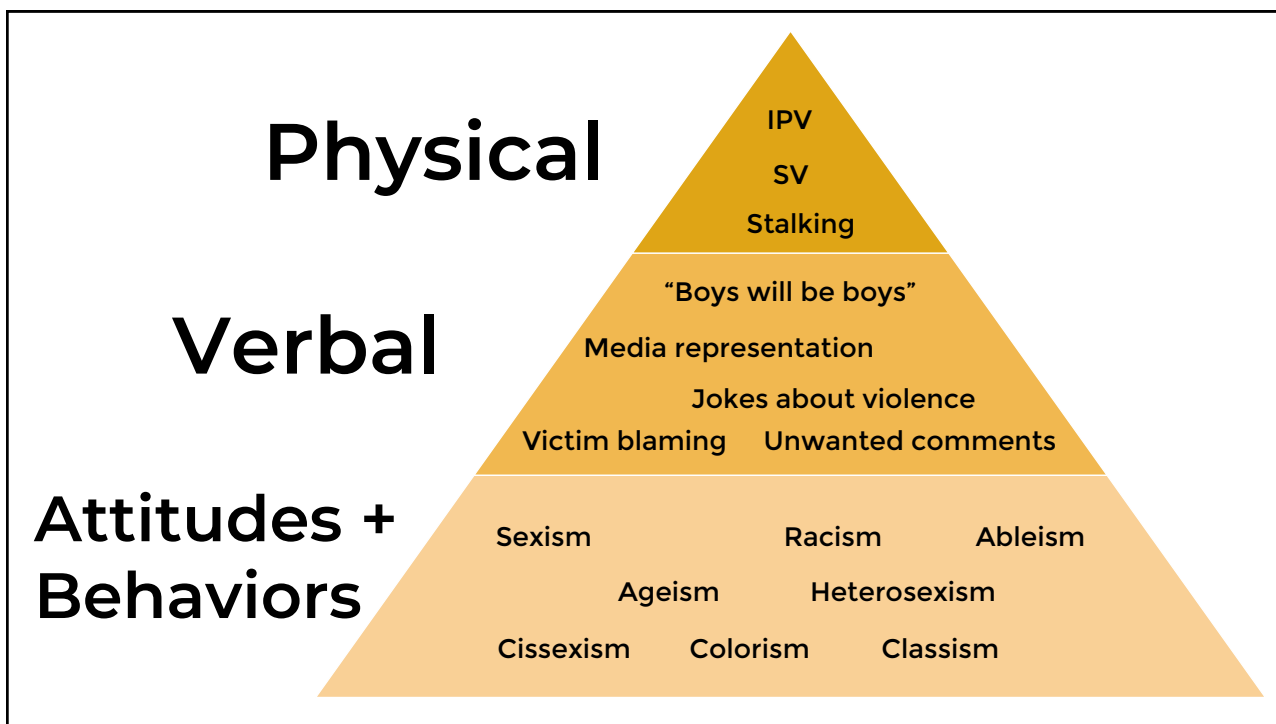
Clothing stores

Gyms

The Connection to Violence



What do *you* think the connection is to IPV and SV?



Violence thrives on
power
imbalances.

Content
warning



Violence Against Fat Folks

Fetishizing

Hogging

Street harassment

Manipulation in relationships

Disbelief toward survivors



www.dcadv.org



What barriers might a person of size encounter when seeking services?

Barriers to Coming Forward

Intersections of identity

Fatphobic services

Medical professionals not treating trauma



www.dcadv.org

Confronting sizeism and fatphobia



What are some things you can do to interrupt fatphobia and sizeism?

Practical Application



Accessible environments



Confront your own biases



Acknowledge privilege

Microaggressions

“You have a pretty face for a fat girl.”

“That dress is slimming on you.”

Equating fatness with ugliness

Choice of words

Microaggressions (cont.)

Congratulating someone on weight loss

Giving value to food

“Skinny” menus and items

Resources Galore!

Books

The Body is Not an Apology by Sonia Renee Taylor

Fearing the Black Body: The Racial Origins of Fatphobia by Sabrina Strings

You Have the Right to Remain Fat by Virgie Tovar

What We Don't Talk About When We Talk About Fat
by Aubrey Gordon

More Books

Fat is a Feminist Issue by Susie Orbach

Health at Every Size by Lindo Bacon

Fat Shame: Stigma and the Fat Body in America by Amy Erdman Farrell

Podcasts

Maintenance Phase

She's All Fat

Fat Girls Club

The Fat Lip

Every Body Podcast



Activists to Follow

Virgie Tovar

Jes Baker (The Militant Baker)

Sonya Renee Taylor

The Anti-Diet Riot Club

Caleb Luna



Websites

[National Association to Advance Fat Acceptance \(NAAFA\)](#)

[Association for Size Diversity and Health \(ASDAH\)](#)

[Council on Size and Weight Discrimination](#)

[The Body Positive](#)

Thank you!
Questions?
Email prevention@dcadv.org



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