

## Referenced in the Presentation:

- Sabrina Strings Explains How 'Fatphobia' is Rooted in Racism
- The “Obesity Paradox:” Body mass index and all-cause mortality in a 21st century U.S. population: A National Health Interview Survey analysis
- Obesity treatment: Weight loss versus increasing fitness and physical activity for reducing health risks
- Healthy lifestyle habits and mortality in overweight and obese individuals
- Long-term Effects of Dieting: Is Weight Loss Related to Health?
- The Look AHEAD Trial: A Review and Discussion Of Its Outcomes

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**MEDICAL STUDENTS**  
FOR SIZE INCLUSIVITY

## Additional Resources

**The consequences of weight-centric approach to health care: a case for a paradigm shift in how clinicians address body weight**

RESEARCH ARTICLE



10 MIN PODCAST

**An Evidence-Based Rationale for Adopting Weight-Inclusive Health Policy**

RESEARCH ARTICLE



PODCAST

**STRIPED: Advancing De-Implementation of Universal BMI Surveillance**

ONLINE REPORT

**Questions for Healthcare Practitioners to Ask Themselves about Weight Bias by Ragen Chastain**

NEWSLETTER LINK

**Why I no longer prescribe weight loss, calculate BMI, or use the term “obesity” by Dr. Katarina Wind**

ONLINE ARTICLE



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