Resource Slides

An Introduction to Weight Inclusive Medicine:

The Next Frontier of Health Equity

December 4, 2024



Members always have access to webinar recordings (and coming soon… enduring CME options!) on the members only resource page at www.awsim.org

Lisa Erlanger MD (she/her)

President, AWSIM

Clinical Professor of Family Medicine,
University of Washington School of Medicine

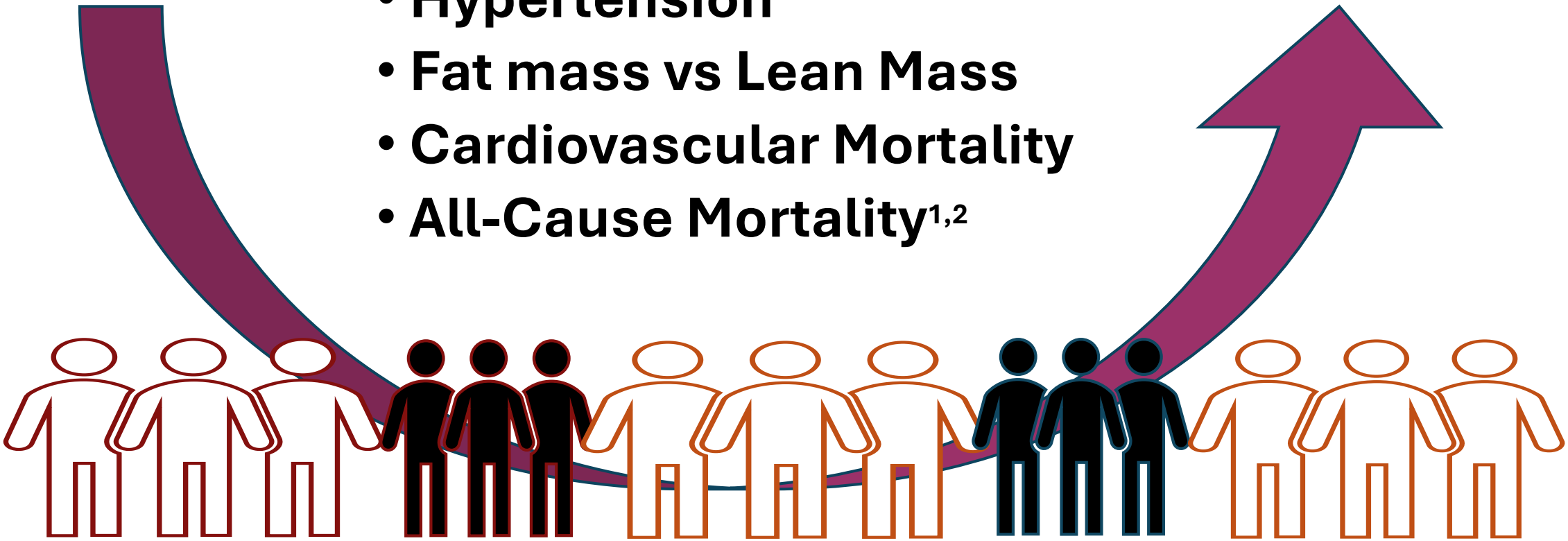
www.drlisaerlanger.com

Disclosures: None

I acknowledge that my life and work benefit from the exploited land, lives, labor and wisdom of indigenous, enslaved, and other humans both past and present. Seattle is the ancestral and current home of the *dkhw'duw'absh, (Duwamish)* and other Coast Salish peoples.

Weight Cycling is Associated with:

- **Cardiovascular Disease**
- **Hypertension**
- **Fat mass vs Lean Mass**
- **Cardiovascular Mortality**
- **All-Cause Mortality[1,2]**

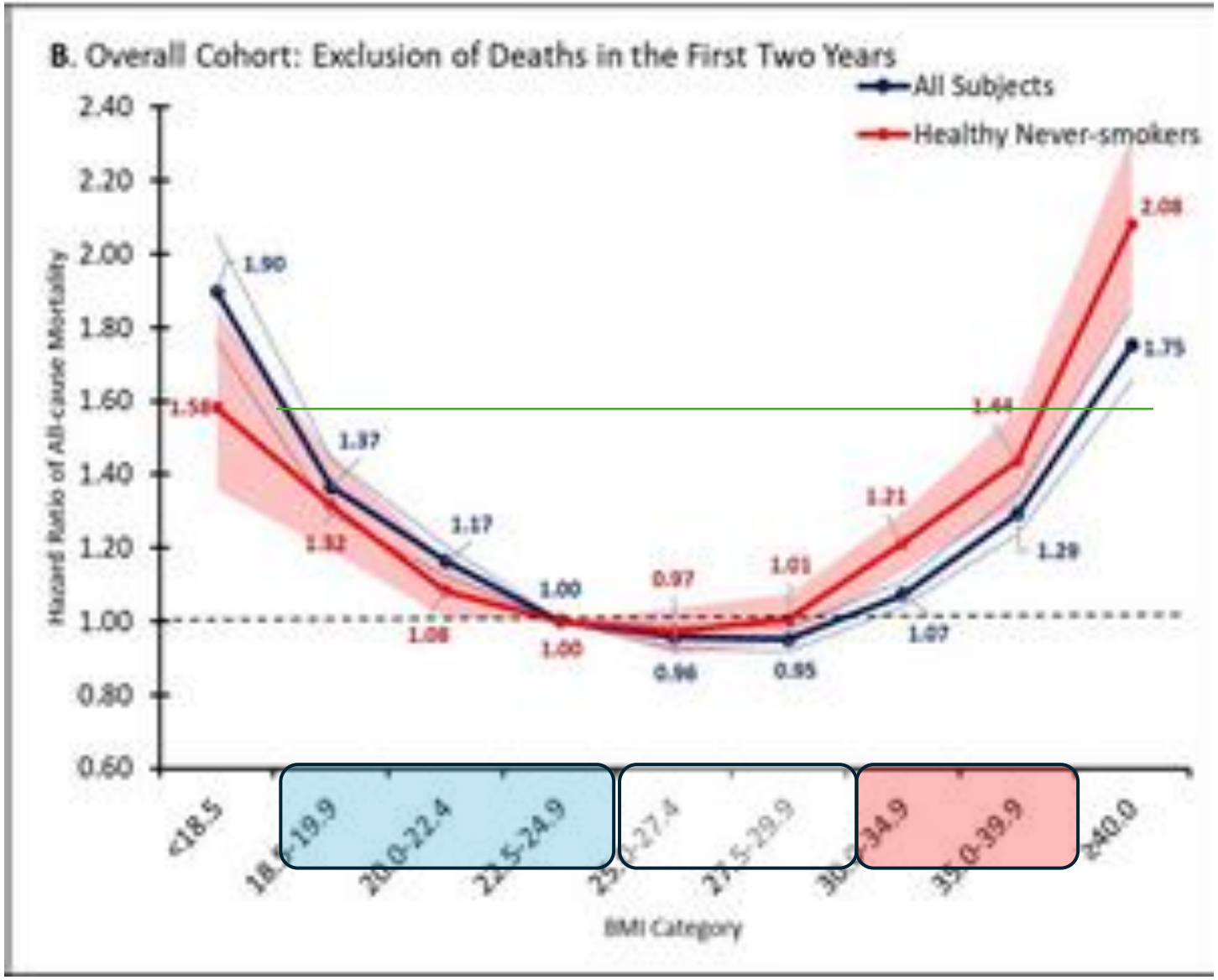


© Lisa Erlanger MD 2022

[1]Zou et al 2019, [2]Oh et al 2019 [3]Harrington et al 2009

The "Obesity Paradox"

- **Fig 1. Association between BMI and all-cause mortality in the overall NHIS cohort.**



Older adults
Black
Female
Diabetes
Cancer
ICU

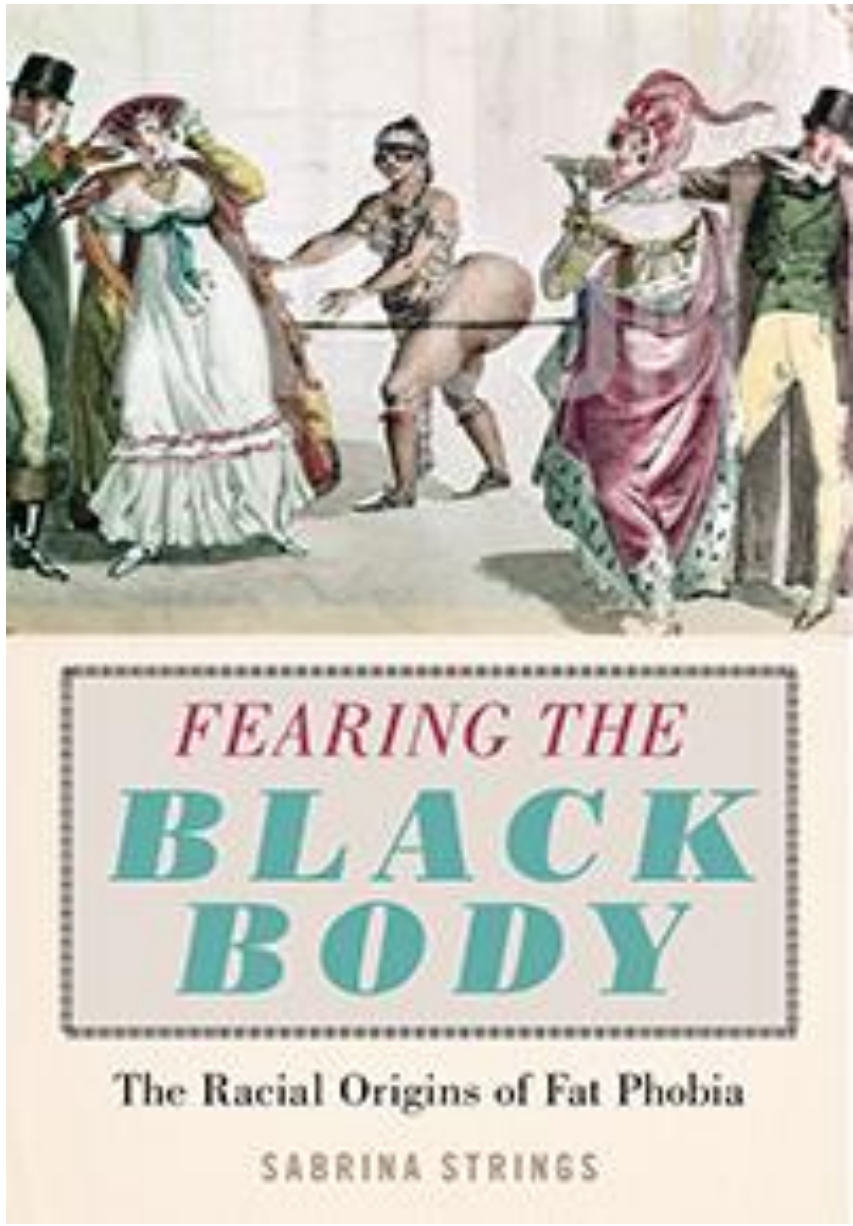
PLOS ONE

Visaria A, Setoguchi S (2023) Body mass index and all-cause mortality in a 21st century U.S. population: A National Health Interview Survey analysis. https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0287218

“The conflation of obesity with racialized and colonized communities is part of a long tradition of marking marginalized populations as diseased”

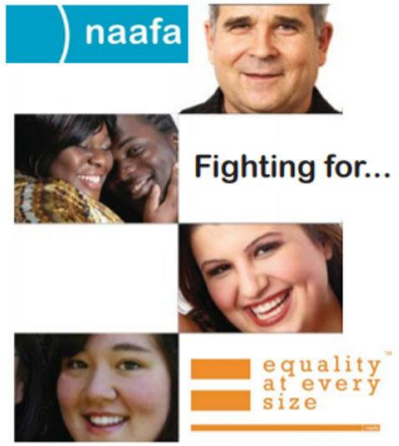
McPhail D, Orsini M. Medicine and society: Fat acceptance as social justice. CMAJ. 2021

Social Justice and Racism in the Body Positive Movement: Gloria Lucas on Food PsychDa’Shaun Harris



© Lisa Erlanger and Katarina Wind 2022

National Association to Advance Fat Acceptance



Guidelines for Healthcare Providers Who Treat Fat Patients

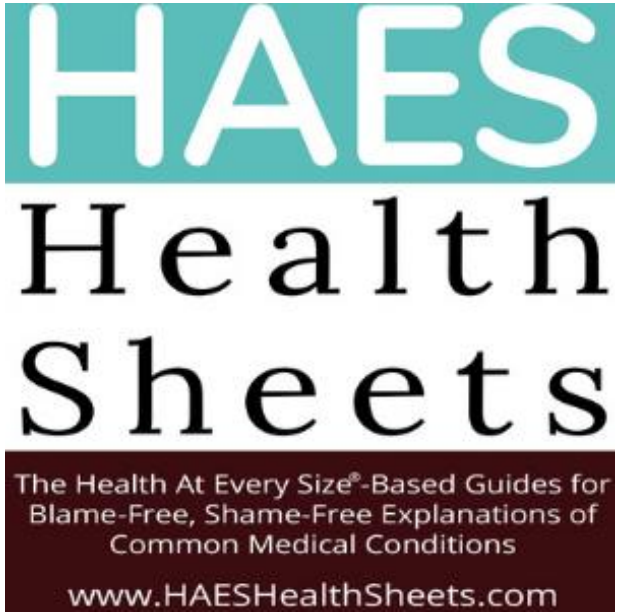
Medical Students for Size Inclusivity

Lecture Analysis Tool

Laurel Neufeld, Monica Kriete, MPH, and Rachel Fox

For instructors: Are you leading a session that involves weight? Use the lectu
patients in larger bodies!

For students: Have you ever felt troubled by a lecture that discussed weight



Health At Every Size®-Based Guides for Blame-Free, Shame-Free Explanations of Common Medical Conditions (ASDAH- Association for Size Diversity and Health) https://haeshealthsheets.com/

Meghan Cichy RD Gentle Nutrition Handouts

The Fat Doctor #NoWeigh and Webinars

MEDICAL STUDENTS FOR SIZE INCLUSIVITY

GLP-1 Agonist Medications: Informed Consent Resource

© 2023 Medical Students for Size Inclusivity, All Rights Reserved



Full Informed Consent



MEDICAL STUDENTS FOR SIZE INCLUSIVITY

Bariatric Surgery: Informed Consent Resource

© 2024 Medical Students for Size Inclusivity, All Rights Reserved



Lisa Erlanger Fat Body Care

AmpleStuff “Everything for Big People Except Clothes!”

More of Me To Love

Lindley Ashline’s Body Liberation Photos Caring for Our Bodies resources

NAAFA- National Association to Advance Fat Acceptance Fat Self Care

Save the Date:

Thursday April 3, 2025, 5 pm PT/ 8 pm ET

Foundations of Weight Inclusive Care with Dr. Katrina Wind

Announcing:

AWSIM Journal Club with Ragen Chastain

Second Tuesday Monthly, 5:30 pm PT/8:30 pm ET

Jan 14th, Feb 11th, March 11th 2025



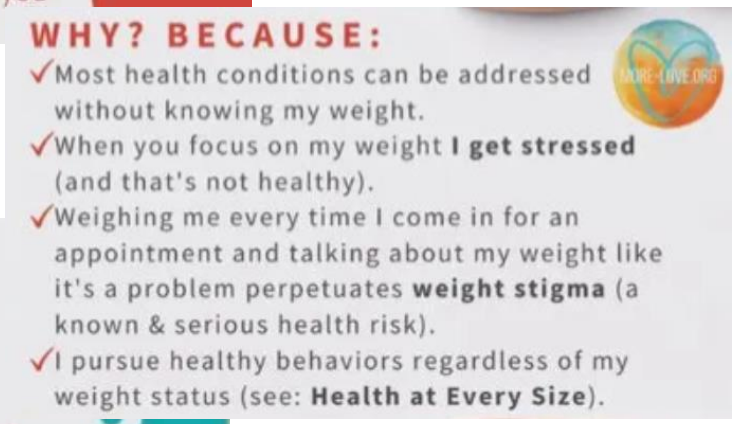
Weight and Healthcare

Examining weight science, weight stigma, and what evidence, ethics, and lived experience teach us about best healthcare practices and public health for higher weight people.

By Ragen Chastain · Over 11,000 subscribers



more-love.org/resources/free-dont-weigh-me-cards/









Buttons and stickers from MSSI

Additional selected references:

- Rao M, Shaughnessy F, Sokol R. Prescribing GLP-1 Agonists for Weight Loss: Wrestling With Our Philosophical Angst. Am Fam Physician. 2024 Oct;110(4):340-341. PMID: 39418563.
- Michael Hobbs, Everything You Know About Obesity Is Wrong, Huffington Post, 2018
- Tomiyama et al. How and Why Weight Stigma Drives the Obesity 'Epidemic' and Harms Health. BMC Medicine 2018
- Anorexia Knows No Body Type, Seattle Times, 2018
- Bianchi and Ricupero, Questioning the Ethics of Promoting Weight Loss in Clinical Practice. Canadian Journal of Bioethics. Feb 5 2020
- Hunger, Smith, Tomiyama. An Evidence-Based Rationale for Adopting Weight Inclusive Health Policy. Social Issues and Policy Review 14(1) 2020
- Gaesser and Angadi, Obesity treatment: Weight loss versus increasing fitness and physical activity for reducing health risks, IScience 2021
- Glenn A. Gaesser. Type 2 Diabetes Incidence and Mortality: Associations with Physical Activity, Fitness, Weight Loss, and Weight Cycling. *Rev. Cardiovasc. Med.* **2022**
- Tylka, et al The Weight Inclusive Vs Weight Normative Approach to Health. J Obesity 2104
- Bacon and Aphramor. Weight Science: Evaluating the Evidence for a Paradigm Shift. Nutr J 2011

Learn From Diverse Fat Authors

- The Body is Not an Apology Sonya Renee Taylor
- Decolonizing Wellness A QTBIPOC Guide, Dalia Kinsey
- Belly of the Beast, the Politics of Anti-Fatness as Anti-Blackness, Da'shaun Harrison
- Rachel Wiley, Button Poetry
- Hunger, A Memoir of (My) Body, Roxane Gay
- Nalgona Positivity Pride, Gloria Lucas
- Heavy, An American Memoir, Kiese Laymon
- Body Liberation Guide, Lindley Ashline
- The Fat Doctor, Asher Larimie

Training: Center for Body Trust

Webinars, handouts: NoWeigh.org

Blog, webinars: Weight and Healthcare Newsletter by Regan Chastain

Books:
Fat Talk: Parenting in the Age of Diet Culture Virginia Sole-Smith
Reclaiming Body Trust, A Path to Healing and Liberation by Dana Sturtevant and Hilary Kinavey
Anti-Diet Christy Harrison
You Just Need to Lose Weight and 19 Other Myths about Fat People, Aubrey Gordon also What We Don't Talk About When we Talk About Fat

(and stay tuned for "Getting the Healthcare You Deserve in the Body You Have," Lisa Erlanger UC Press 2026

Podcasts:
"Maintenance Phase" Podcast maintenancephase.com, The Body Trust Podcast by the Center for Body Trust , Food Psych/ The Wellness Trap by Christy Harrison