

The health promotion team at Better Health Network have been building our capacity to apply size inclusive principles and values as part of an intersectional health equity approach. We have found the following resources useful for our learning.

Everyone’s interests and journeys are different, so the resource list is designed so that you can pick resources that you feel are relevant for your practice and learning style.

If you would like to chat through anything, please reach out to the BHN health promotion team or alternatively please bring it to the next Size Inclusive Health Promotion Community of Practice meeting to share and discuss together.

At the end of this resource list are some reflection prompts that you may find helpful to explore with your team or to do individually.

Watch

Format	Title	Summary
YouTube	Poodle Science	An animated video exposing the limitations of current research on weight and health.
Documentary (on Netflix)	Embrace	A social impact documentary that inspires us to change the way we feel about ourselves and think about our bodies.
YouTube	How weight centism shows up in health promotion by Fiona Willer. Health not Diets	Dr Fiona Willer shares evidence to debunk weight-centric myths common in health promotion. She also introduces her weight stigma heat map – a practical tool for health promotion professionals to use to identify weight stigma in their programs
Vimeo	Embrace Activate Masterclass	Evidence-based advice for creating a welcoming and inclusive sporting culture at your club
Webinar recording	Kindly do, Kindly Don't	Presented by Butterfly Foundation and Think HQ - How to safely talk about and report on eating disorders and body image. We can all play an important role in improving understanding, shifting conversation, dismantling harmful stereotypes and increasing help seeking.

Read

Format	Title	Summary
Size Inclusive Approaches in Health Promotion and Healthcare		
Web page	Size Inclusive Health Australia – Glossary	Glossary of definitions including size inclusive, weight stigma and size discrimination.

News Article	National Geographic Article about Health At Every Size.	An easy-to-read article about Health At Every Size.
News Article	What does weight inclusive healthcare mean?	Easy to read article about weight stigma and what weight inclusive care looks like.
News Article	The really old, racist and non-medical origins of the BMI	A great news article about the history of BMI.
Journal Article	Pervasiveness, impact and implications of weight stigma (Brown et al.)	This health policy review provides an analysis of the research evidence highlighting the widespread nature of weight stigma, its impact on health policy and the need for action at a policy level
Journal Article	Effective strategies in ending weight stigma in healthcare (Talumaa et al.)	An article discussing a review of weight stigma studies related to healthcare settings and eating behaviours.
Journal Article	Weight stigma in Australia: a public health call to action (Lawrence et al.)	A call to action and key recommendations for public health researchers, practitioners, and policy makers to address weight stigma in Australia.
Book	'You just need to lose weight' and 19 other myths about fat people – Aubrey Gordon	An insightful book that shares facts and figures to reframe myths about fatness in order to dismantle the anti-fat bias ingrained in how we think about and treat fat people. This will support you to ensure conversations are informed, effective, and grounded in both research and history.
Opinion piece	The Scientifically Shaky Definitions of "Obesity" (Ragan Chastain)	An opinion piece debating the definition of "obesity"
Web page	The Health at Every Size® (HAES®) Principles - ASDAH	The new Health At Every Size principles. Includes examples and other references.
Web page	Eating Disorder Safe Principles	A set of principles that will guide the ways that information about health, food, minds and body are provided to people across a wide range of settings
Food Environments		
Journal article	Promoting Food Literacy: Communication Tools and Strategies - Food Literacy - NCBI Bookshelf (nih.gov)	This paper explains why using participatory approaches in food literacy works better for prevention than just teaching nutrition facts.
Website	Butterfly Foundation – Health not Weight	This webpage speaks to what a healthy relationship with eating and exercise may look like.
Movement Environments		

Resource	Reframing Sport for Teenage Girls	Research out of the UK that talks about the experience of sport for teenage girls and why they are disengaging.
Article	Rethinking sports uniform requirements for women and girls	An article that gets you thinking about sport uniforms, inclusive spaces and participation in sport.
Sport Guide	The Embrace Sport Playbook	Body image programs, resources and support for sport, fitness and physical activity settings. The Playbook is a practical guide to building better body image in community sport, empowering clubs and coaches to make sport and physical activity settings safe, welcoming and supportive for every body.

Listen

Format	Title	Summary
Podcast	The Mindful Dietitian	Episodes we have listened to: <ul style="list-style-type: none"> • The shapeshifting of diet culture and breaking free with Judith Matz • Diet culture in schools with Gwen Kostal • Body belonging with Virgie Tovar • Dismantling anti-fat bias in healthcare with Dr Natasha Larmie
Podcast	Maintenance Phase	Episodes we have listened to: <ul style="list-style-type: none"> • The trouble with calories
Podcast	Bad People	Episodes we have listened to: <ul style="list-style-type: none"> • Fen-Phen scandal: what would you risk to be thin?

Visit

Format	Title	Summary
Website	The Embrace Collective	The Embrace Collective is grounded in more than 20 years of pioneering body image research and fuelled by an unwavering ambition to empower people of all ages to grow and thrive in a world free of judgement and shame about their bodies.
Website	Embrace Hub	Evidence based resources for parents, educators, coaches and children to help inspire every young person around the world to Embrace their bodies, and to create the body-image safe environments for them to learn, grow and thrive in.

Website	Butterfly Foundation	The national charity for Australians. Butterfly changes lives by providing innovative, evidence-based support services, treatment and resources, delivering prevention and early intervention programs and advocating for the needs of our community.
Website	Butterfly Body Bright	Butterfly Body Bright is a strength-based, evidence-informed body image program developed by Butterfly Foundation.

Engage with

Format	Title	Summary
Training and resources	Intertwine	Resources and training to understand intersectionality and how to authentically prioritise and intersectional lens and self-determination within the communities you work with. Intertwine's vision is <i>"of communities, organisations and services that are inclusive and just, in a participatory society where all people have health, wellbeing, representation & self-determination."</i>
Resources	Inclusive Workplace Toolkit	<i>"An anti-oppressive guide grounded in lived experience that provides an introduction about different kinds of discrimination. This guide explores preferred language, common microaggressions, and inclusive workplace practices and policies, in response to: racism, colonialism, queerphobia, transphobia, ageism, fatphobia, classism, sexism, ableism & neurodiversity."</i>
Early Years Program	Body Blocks by Embrace Collective	A groundbreaking new program for early childhood educators that aims to prevent body image issues in young people by getting in early with messages of body appreciation
Report	Paying the Price Report 2024	Butterfly's new report reveals the ongoing and devastating economic and social impacts of eating disorders in Australia and highlights the need for immediate action.
Audit tool	The Weight Stigma Heat Map: A tool to identify weight stigma in public health and health promotion materials	A tool developed to identify elements that perpetuate the stigmatisation of larger-bodied people in health-related resources. It is hoped that it promotes the eradication of stigmatising narratives in public health and health promotion endeavours relating to health-supporting environments and life-style behaviours
Report	National Eating Disorder Collaboration Strategy 2023-2033	The National Strategy is a call to action and a roadmap for people who care about and are responsible for improving Australia's response to eating disorders.

		It is a tool to help people at all levels and in all settings to work in a coordinated and sustained way to achieve a full and coordinated system of care for all.
Consultant	<u>Wattleseed Nutrition</u>	Tracy's mission is to <i>"provide culturally responsive and trauma integrated services that inspire bold and transformative action, advance and sustain advocacy, healing, self-determination and culturally consonant nutrition, health and wellbeing."</i>
Toolkit	<u>Teach Food First: An Educator's Toolkit for Exploring Canada's Food Guide</u>	Resources for age-appropriate nutrition education for children.

Reflect

Remember, it's not just about reading. Being able to critically reflect on yourself and your practice, can help you to understand your place in the system, your own bias and privilege, and your scope of influence. The questions below can help to guide your reflection.

Support from Butterfly Foundation – 1800 ED HOPE (1800 33 4673)

1. Reflect on your own food and movement story and your upbringing. What type of conversations occurred around food and movement? Is there anything you're noticing more of as you become engaged in this work? Did you notice any blind spots? If so, reflect on these.
 - *Recognise own personal privilege; education, finances, living arrangements, and health*
 - *Reflect on dominant culture, social, educational and economic intergenerational advantages*
 - *Explore how your own food, movement and body image story influences your health promotion practice*
2. Where in your personal and work life do you see weight stigma and diet culture 'normalised'?
 - *Weight centric approaches to health promotion interventions and clinical care*
 - *Take time to understand how history and colonisation has impacted food culture, health and perspectives of well-being*
3. How would you respond to weight stigma or bias?
 - *Consider responding privately or publicly, your timing, mental capacity and context of situation*
 - *Be calm, take a deep breath*
 - *Come with curiosity not judgement, ask open ended questions "Oh, why do you say that?" "What are you basing that on?"*
 - *Show them your discomfort, e.g. "I think that's a bit offensive" "That makes me feel uncomfortable"*
 - *Share a collective experiences and share stories of your own growth and learning's*
4. What can you do differently to ensure you are working equitably?
 - *Listen to lived experience voices and ensure that when working with people with lived experience that the relationship is reciprocal*
 - *Co-produce accessible and inclusive health resources*
 - *Celebrate diversity*
 - *Focus on health, not weight*
 - *Use and promote inclusive language and messaging*
 - *Ensure representation in media and advertising*