

# Resources and references

## Implicit biases:

<http://www.uconnruddcenter.org/weight-bias-stigma-tools-for-researchers>

<https://implicit.harvard.edu/implicit/takeatest.html>

## Images:

<https://www.worldobesity.org/resources/image-bank?keywords=families>

<http://www.uconnruddcenter.org/media-gallery>

## Tools, Resources:

<https://www.nytimes.com/2019/05/08/smarter-living/5-people-learn-to-love-your-body.html>

Body Trust is a Birthright Dana Sturtevant and Hilary Kinavey

<https://www.youtube.com/watch?v=aPUH3Hp1t9k&feature=youtu.be>

[Poodle Science Video](#)

[What Historical Ideals of Women's Shapes Teach Us About Women's Self-Perception and Body Decisions Today](#)

[Rudd Center: what words should we use to talk about obesity?](#)

## Academic articles:

### **Distressed or not distressed? A mixed methods examination of reactions to weight stigma and implications for emotional wellbeing and internalized weight bias**

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Papadopoulos S, Brennan L. Correlates of weight stigma in adults with overweight and obesity: A systematic literature review. Obesity. 2015;23(9):1743-1760. doi:10.1002/oby.21187.

Wu Y-K, Berry DC. Impact of weight stigma on physiological and psychological health outcomes for overweight and obese adults: A systematic review. J Adv Nurs. 2018;74(5):1030-1042.

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ABOUT BODY TRUST - Be Nourished. <https://benourished.org/about-body-trust/>. Accessed October 23, 2018.

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## **Ellyn Satter, MS, MSSW, RDN. “Resolving the weight dilemma” References**

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