

Thank you very much for your time.

If you would like some more information on issues around health at all sizes and/or weight stigma in society, here are some resources you may find useful:

Pursuing health at any weight:

- Resource page on website of Association for Size Diversity and Health (ASDAH). (<https://www.sizediversityandhealth.org/content.asp?id=31>) ASDAH provide a list of books, articles, websites, audio-visual materials and other content on a wide range of subjects including body image, nutrition/diet, mental health, physical health, disordered eating, and eating disorders.

Weight Stigma

- If you'd like to understand more about weight stigma in society, or get some ideas on what to do about it, the Binge Eating Disorder Association has some [good resources](#) for both professionals (e.g. healthcare professionals, teachers, etc.) and for individuals.
- [NAAFA: The National Association to Advance Fat Acceptance](#) is a non-profit civil rights organisation. They lobby for fat rights and have a range of resources and policy recommendations.

Fighting back

- If you haven't really thought about any of this before, but would like to learn more about standing up for fat rights, either in your personal life or more widely, a good place to start is activist Ragen Chastain's blog: [Dances With Fat](#). Ragen writes about topical issues and has a user-friendly take on many of the problems facing fat people in every day life and online. Note, she does occasionally use bad language, so avoid if this would bother you.
- Please contact the researcher if you would like information about other resources. Angela Meadows: axm583@bham.ac.uk