



Resources to learn more about Weight Stigma

Published Research

[Weight stigma in Australia: a public health call to action](#)

Lawrence, B, de la Piedad Garcia, X, Kite, J, Hill, B, Cooper, K, & Flint, S, 2022,, 'Weight stigma in Australia: a public health call to action', *Public Health Research & Practice*, vol. 32, no. 3, doi: 10.17061/phrp3232224.

[Weight bias among health care professionals: A systematic review and meta-analysis](#)

Lawrence, BJ, Kerr, D, Pollard, CM, Theophilus, M, Alexander, E, Haywood, D, & O'Connor, M, 2021,, 'Weight bias among health care professionals: A systematic review and meta-analysis', *Obesity (Silver Spring, Md.)*, vol. 29, no. 11, pp. 1802–1812, doi: 10.1002/oby.23266.

[Influence and effects of weight stigmatisation in media: A systematic review](#)

Kite, J, Huang, B-H, Laird, Y, Grunseit, A, McGill, B, Williams, K, Bellew, B, & Thomas, M, 2022,, 'Influence and effects of weight stigmatisation in media: A systematic review', *EClinicalMedicine*, vol. 48, p. 101464–, doi: 10.1016/j.eclinm.2022.101464.

[Weight Stigma Predicts Poorer Psychological Well-Being Through Internalized Weight Bias and Maladaptive Coping Responses](#)

Hayward, LE, Vartanian, LR, & Pinkus, RT, 2018,, 'Weight Stigma Predicts Poorer Psychological Well-Being Through Internalized Weight Bias and Maladaptive Coping Responses', *Obesity (Silver Spring, Md.)*, vol. 26, no. 4, pp. 755–761, doi: 10.1002/oby.22126.

[Joint International Statement for ending stigma of obesity](#)

A consensus statement supported by various obesity experts published in *Nature Medicine*.

[Weight bias and stigma in health care](#)

The Obesity Evidence Hub

Chapter

[RACGP article on weight stigma](#)

Royal Australian College of General Practitioners

Article by Dr Georgia Rigas

[Short video](#)

Claire Pearce discusses the outcomes of research on the Obesity Paradigm and the Role of Health Services in Obesity Prevention: a systems view.

[Obesity stigma is a barrier to action](#)

The Australian Prevention Partnership Centre

Article

[Personal Cost of Weight Issues in Australia](#)

Weight Issues Network

[Weight stigma and bias – what is known? Rapid review of evidence](#)

The Obesity Collective

[Understanding Obesity Stigma Brochure](#)

Obesity Action Coalition

Guides for talking about weight

The **[Healthy Kids for Professionals \(NSW\)](#)** website for guidance on working with families and children

Review Obesity Collective **[code of conduct](#)** for quick tips on talking about obesity

Check out the **[World Obesity Federation quick guide on language](#)**

[Shift – A guide for media and communications professionals](#)

[Cancer Council Victoria training for GPs - Talking to patients about health and weight](#)

WA Primary Health Alliance **[SHAPE website is a ‘healthy weight hub’ for general practice](#)**

[Health and Wellbeing Queensland Clinical Toolkit](#) to support best practice in overweight and obesity management

[Language matters: pregnancy and overweight or obesity](#)

[Why words matter in obesity policy-making](#)

Do you know of other resources discussing weight stigma? Please **[email us](#)** details!