

# RESOURCES REFERENCED IN THE BODY STIGMA IMPACTS ON WELLBEING FORUM

The following resources were collated and researched for or referenced during the Loddon Mallee Public Health Unit's online forum on *Body Stigma Impacts on Wellbeing*.

This document includes industry and/or public health centred: reports, videos, websites, factsheets/news articles, and research articles to provide a diverse range of resources. We hope you find these materials informative and useful for further learning and support.

**Please note: many of these resources mention body image or weight loss, eating disorders and suicide or suicidal thoughts. Please read with care.**

**To access immediate confidential and free counselling for eating disorders and body image concerns available 7 days a week, 8am-midnight (AEST/AEDT):**

- Visit [The Butterfly Foundation's website](#)
- Call Butterfly's National Helpline: 1800 ED HOPE (1800 33 4673), chat online or email [support@butterfly.org.au](mailto:support@butterfly.org.au)

For general information and supports find Keeping Mentally Well Flyers with Loddon Mallee local mental health and wellbeing supports, Loddon Mallee Public Health Unit: [Bendigo Health Website - Wellbeing](#)

## Reports

### 1. Mental Health Foundation's Body Image Report executive summary

- Report uses UK based data to provide system, policy, education, public health and individual approaches and recommendations to improve body image and combat stigma.

### 2. Obesity Evidence Hub's Weight stigma, bias and discrimination

- Weight stigma, bias and discrimination have wide-ranging impacts on a person's health and wellbeing. This page outlines the prevalence of weight stigma, where and how it can occur and the consequences for those affected.

### 3. Obesity Evidence Hub's Weight stigma in healthcare

- Weight stigma is experienced by people with obesity in healthcare settings. This page outlines the impact of weight stigma in healthcare settings. It provides advice and resources for health professionals to reduce weight stigma in their practice and better support their patients' health, regardless of their patients' weight.

### 4. WHISE's My Body My Voice Final Report

- My Body, My Voice is a research project launched by WHISE in 2024, in partnership with Women with Disabilities Victoria (WDV) and the Butterfly Foundation. The project explores the experiences of body image by women with disabilities, chronic illnesses, and other overlapping identities. This project aims to answer the following research question: How do women with disabilities and other over-lapping identities feel toward their body, why, and what can we do about it?

### 5. National Alliance for Eating Disorders' Body Image & Society: How External Pressures Fuel Internal Struggles

- Examines how external forces of social media platforms, cultural norms, and family messaging impact internal sense of self-worth, how societal pressures can collide with personal vulnerability, deepen negative body perceptions, and potentially lay the groundwork for disordered eating behaviours. Also provides practical steps to improve personal perspective as well as improving culture and general societal environment.

## Videos

### 1. WHISE's My Body My Choice report launch video, with Q&A panel

- 1.5-hour online recording of WHISE report, with Dr Rachel Bush, Evidence and Policy Lead, WHISE, presented key findings and recommendations aimed at improving healthcare practices and primary prevention strategies for addressing body dissatisfaction among women with disabilities. Features a live Q&A panel discussion with:
  - Jessica Hooper - Lived Experience Advocate
  - Josephine Money - Clinical Director, Eat Love Live
  - Natalie Opasinis - Women's Health and Engagement Officer, WHISE

### 2. LGBTIQ+ Health Australia's Webinar LGBTIQ+ Body Pride: Navigating body image and eating disorders

- The LGBTIQ+ community is disproportionately impacted by eating disorders and body image concerns.
- This 45-minute webinar uses Mardi Gras and Sydney WorldPride as a springboard to explore how unrealistic expectations of what LGBTIQ+ people should look like can leave people vulnerable to engaging in disordered eating and exercise behaviours to change their bodies. It explores ways to reduce risk and provide support.

### 3. ABC News weight stigma report on stigma in the medical industry

- A short 2.5-minute video providing an overview of recent research findings on the impacts of body stigma in the medical industry.

### 4. Body Liberation Series - The Medical Industry and Fatness

- An introductory 9-minute discussion by UCLA clinicians on recognising and breaking down weight bias in the medical field.

### 5. The Butterfly Foundation's Weight Stigma Awareness Week Lived experience conversation

- A 1-hour conversation with people with lived experience exploring where and how weight stigma shows up in everyday life, and how everyone can work together to contribute to change.

### 6. TEDX Talk Body Size at work: the last taboo

- 15-minute video featuring practical tips for workplaces and providers from a Size-Inclusion Specialist and Coach whose mission is to bring body size into the Diversity, Equity and Inclusion conversation. With a mix of personal stories, research-backed insights and practical advice, Andrea's work aims to bring awareness to the often-overlooked topic, to challenge societal norms and to share actionable strategies that will inspire the creation of a truly inclusive company and business culture where everybody can reach their full potential, regardless of their body size.

## Websites

### 1. Size Inclusive Health Australia

- Size Inclusive Health Australia is a non-profit, member-based association that brings together the highest quality information, training, and specialists in Australia for size inclusive care, including the Health at Every Size® (HAES®) approach. Their website includes links to training and resources, covers recent news and media, and links to a database of size inclusive allied health practitioner members across Australia

### 2. The Australian Eating Disorders Research and Translation Centre

- This website is the brainchild of a collaboration of like-minded researchers, clinicians and people with a lived experience working together to change the way eating disorders research is conducted in Australia. It features research publications, lived experience videos and interviews, grants, news articles, events and advocacy pieces.

### 3. The Embrace Collective

- The Embrace Collective is a DGR1 registered health promotion charity dedicated to building better body image to help people achieve optimal physical and mental health.
- Taking a holistic, multi-layered approach, they are driving change through programs, settings, and policy change, and by leading a national conversation about bodies, weight and health that has the power to shift social norms in ways that benefit health and wellbeing, now and for generations to come.

### 4. The Butterfly Foundation

- Butterfly Foundation is the national charity for anyone in Australia impacted by eating disorders and body image issues, as well as the families, friends and communities who support them. 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.

## Factsheets/news articles/toolkits

### 1. [WHISE factsheet Recommendations for Primary Prevention/Early Intervention of Body Dissatisfaction Among Women with Disabilities](#)

- The project findings highlighted gaps in the primary prevention of body dissatisfaction among women with disabilities. Addressing body dissatisfaction is crucial as it is a known risk factor for eating disorders. Women with disabilities face heightened vulnerability due to societal ableism, which can exacerbate negative body perceptions. These recommendations and key actions aim to fill these gaps and are aligned with the National Eating Disorders Collaboration (NEDC) Eating Disorder Safe principles.

### 2. [WHISE factsheet Recommendations for the Healthcare system](#)

- WHISE notes that discussions on body image have often overlooked the experiences of people with disabilities. Based on lived experience feedback gathered from Melbourne-based participants, WHISE has collated recommendations specifically for healthcare workers and services.

### 3. [ABC News article Fat liberation vs body positivity: How brands and influencers are reshaping the movement](#)

- Explores how the body positivity movement has shifted from its roots in fat liberation activism into a more commercialised, individual-focused message. Examining the impacts of social media and society generally, it suggests more healthy messaging and perspectives moving forward.

### 4. [The Conversation](#) regularly posts articles based on recent Australian research into many aspects of body image. Some relevant to this resource list include:

- [5 reasons we shouldn't 'compliment' people who lose weight](#)
- ['No filter can fix that face': how online body shaming harms teenage girls](#)
- [Social media's push for the perfect muscular body is fuelling a new form of disordered eating — and young men are most at risk](#)
- [Children's perception of normal body shape is affected by who they see around them – new research](#)
- [Social media has complex effects on adolescent wellbeing, and policymakers must take note](#)

### 4. [Creating A Safe Space for Healthcare Clients: A Size-Inclusive Practice Toolkit](#) by DPV Health

### 5. [Towards Size Inclusive Health Promotion: Insights and Lessons for Health Promotion Professionals](#) from the Better Health Network

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## Research articles

1. Olsen, Crawford, Litchfield et al. 2024 ["Everyone has a weight complex": experiences of participation in physical activity in regional, rural and remote Australia](#)
  - Using data from people living in regional, rural and remote Australia, this study findings may help inform the work of practitioners who seek to use a weight inclusive approach and highlight the need to support individuals to find safe spaces and meaningful opportunities to be active.
2. Oswald 2024 [Anti-fatness in the Ozempic era: State of the landscape and considerations for future research](#)
  - Outlines specific areas in which tensions between critical fat perspectives and Ozempic era discourses have emerged and gaps around disability, societal privilege etc. Specifically targeting the impact of GLP1s on the "morality" of fatness.
3. Carlson 2025 [Indigenous fat rebellion: Rejecting settler fatphobia and reclaiming body sovereignty](#)
  - This article confronts the urgent need for Indigenous Fat Studies by asking: What does it mean to embody fatness as an Indigenous person under the weight of settler-colonial oppression? This article calls for a dismantling of settler-colonial health, body and beauty regimes and champions a future where Indigenous body autonomy reigns, asserting that Indigenous fat studies is essential for radical body liberation and sovereignty.
4. Greer 2026 [Food unease: How Ozempic era master narratives burden fat people](#)
  - Develops the twin concepts of food ease/unease by examining the effect of Ozempic era cultural narratives on fat peoples' relationship with food. Shows that the twin concepts of food ease/unease are more useful for thinking about GLP-1RAs' effect on peoples' relationship with food than the concept of food noise. By examining the impact of Ozempic era master narratives on fat people's relationship with food, provides more reason to be circumspect about the popularity of these drugs.
5. Gangel 2026 [The link between college students' perspectives on GLP-1 agonists and fat stigma](#)
  - Examines how fat stigma relates to perspectives of GLP-1 agonist use for weight loss and how these perspectives might differentially relate to stigma for individuals who are in diverse body sizes. Findings suggest that unique sources of fat stigma predict different perspectives of GLP-1 use for thin individuals compared to fat individuals.
6. Steinberg 2026 [A qualitative evidence synthesis: Perspectives and experiences of medical fatphobia](#)
  - By deconstructing patients' lived experiences, this qualitative synthesis lays the groundwork for improved medical and public health efforts designed to meet fat patients AFAB's needs. This paper suggests concrete ways to address stigma and better incorporate perspectives from fat people AFAB into future research and interventions.

7. Blanchette 2025 GLP1s and antifatness: on the medicalization, social construction, and future of fatness in the Ozempic era

- In this special issue, authors examine how the discourse and cultural ethos surrounding GLP-1s shape the lived experience and social construction of fatness. Articles in this issue illuminate the complex relationships between fatness, anti-fatness, and weight loss medications. These works illuminate the numerous actors with vested interests in maintaining the medicalization of fatness— as well as upholding GLP-1s as a solution to fatness—including health professionals, the media, and pharmaceutical companies.

8. Fahs & Swank 2025 Hypervisibility meets hyperinvisibility: anti-fatness, moral panics, and mainstream U.S. news coverage of fat people taking Ozempic and Wegovy

- explores the hypervisibility/hyper-invisibility implications for media coverage of weight-loss drugs and anti-fatness, the reinforcement of stigma and moral panics on conversations about GLP-1s, and the see-sawing between the “greedy” fat person and the greedy profit-driven pharmaceutical industry as problematic.