



# Unlearning fatphobia

**Educational resources  
August 2023**



**Canadian Centre for Diversity and Inclusion  
Centre canadien pour la diversité et l'inclusion**

[www.ccdi.ca](http://www.ccdi.ca)

## Educational resources for unlearning fatphobia

Fatphobia, or weight stigma, is bias or discrimination towards fat individuals because of their weight. This prejudice is often rationalized by people who espouse it as a concern for individuals' health or rooted in protecting public health. Commonly held biases towards fat people include the notions that fat people are unattractive, lazy, less intelligent, or undisciplined. These biases can translate into harmful behaviours, including harassment, bullying, body shaming or other negative comments about appearance and characteristics that people can't control, microinequities and microaggressions, negative representations in the media, and employment discrimination.

### A note on terminology

The word "fat" is being reclaimed by the community and is used throughout this guide and its resources. "Fat" is not a pejorative term unless someone intends to be.

"Overweight" and "obese/obesity" are medical terms used to categorize fat people based on measures like the Body Mass Index. The word "obesity" stems from a Latin word meaning "that has eaten itself fat," giving it elements of decadence, lack of discipline and blaming individuals for the size of their bodies at its core. Thus, the words "obese" and "obesity" should generally be avoided.

Please note that some of the suggested resources in the list may use terms (like obese) that are generally not recommended as these resources may still provide some useful insights.



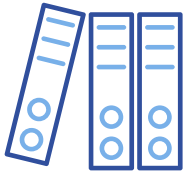
## CCDI WEBINARS

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The following webinar was delivered previously, and recorded versions can be accessed via CCDI's Knowledge Repository. If your organization is a [CCDI Employer Partner](#), you and your colleagues can visit the [Knowledge Repository portal](#) to register for access (using a work email address) and login credentials will be sent via e-mail. Click on the links below to view each webinar:

- [Unlearning fatphobia - Body diversity and fat inclusion / Déconstruire la grossophobie - La diversité corporelle et l'inclusion des personnes grosses \(2023\)](#)

Please view a [schedule and descriptions of our upcoming webinars](#) to be delivered live (recorded versions will be accessible via CCDI's Knowledge Repository shortly thereafter). If your organization is a CCDI Employer Partner, you and your colleagues can register and attend for free. If your organization is not currently a CCDI Employer Partner and you are interested in joining, you can [learn more about partnership and submit an inquiry here](#).



## ARTICLES, REPORTS, AND TOOLS

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### Bilingual

- [The Intersection of Fatmisia and Transmisia / Quand grossophobie et transphobie se rencontrent](#), Kivan Bay on Medium

### English only

- [11 reasons your “concern” for fat people’s health isn’t helping anyone](#), Everyday Feminism
- [Ending fatphobia isn’t enough - we need to stop pathologizing obesity](#), The Globe and Mail
- [‘Fat’ Isn’t a Bad Word—It’s Just the Way I Describe My Body](#), Self
- [Fatphobia in the workplace can be career limiting and psychologically harmful](#), CBC News
- [Implementing Fat Liberation, Not Just Body Positivity](#), Defiant
- [Internalized Fat Phobia](#), HER Health Collective
- [My Weight Has Affected My Career](#), Forbes
- [Size diversity in employment - HR Training Guide \(PDF\)](#), NAAFA
- [Size Inclusivity: A forgotten dimension of DEI efforts](#), Seen@Work
- [The Bizarre and Racist History of the BMI](#), Your Fat Friend
- [The Science on Weight and Health](#), Self
- [Understanding Fatphobia and Anti-Fat Bias](#), DiveThru
- [What are Body Liberation & Fat Liberation?](#) Body liberation for all

### French only

- [Dire non à la grossophobie](#), Actualités UQAM
- [Grossophobie et discrimination à l’embauche : comment y faire face ?](#) CIDJ
- [Grossophobie et racisme : Sabrina Strings met au jour les racines de haines liées](#), Axelle
- [Grossophobie médicale – Parlons-en!](#) Gras Politique
- [Grossophobie.ca – Infos & référence](#)
- [La grossophobie au bureau est-elle encore tolérée?](#) Quatre,95
- [La grossophobie, un phénomène mondial aux conséquences néfastes pour tous](#), Le Soleil
- [Le poids de la discrimination](#), La vie des idées
- [Stigmatiser les gros, c’est mauvais pour tout le monde!](#) La conversation



## BOOKS

CCDI encourages you to check with your local bookstore or municipal library for availability of these publications.

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### Bilingual

- Hunger: A Memoir of (My) Body / Hunger - Une histoire de mon corps (Roxane Gay)

### English only

- Belly of the Beast: The Politics of Anti-Fatness as Anti-Blackness (Da'Shaun L. Harrison)
- Bodies out of bounds: Fatness and transgression (Jana Evans Braziel, Kathleen LeBesco)
- Fat and Queer: An anthology of queer and trans bodies and lives (collective)
- Fat: A cultural history of obesity (Sander L. Gilman)
- Fearing the Black Body: The Racial Origins of Fat Phobia (Sabrina Strings)
- Happy fat: Taking up space in a world that wants to shrink you (Sofie Hagen)
- Heavy: An American memoir (Kiese Laymon)
- Landwhale (Jes Baker)
- The body is not an apology: The power of radical self-love (Sonya Renee Taylor)
- Things No One Will Tell Fat Girls (Jes Baker)
- Unashamed: Musings of a Fat, Black Muslim (Leah Vernon)
- What we don't talk about when we talk about fat (Aubrey Gordon)
- You Have the Right to Remain Fat (Virgie Tovar)
- "You Just Need to Lose Weight": And 19 Other Myths About Fat People (Aubrey Gordon)

### French only

- Corps Rebelle: Réflexions sur la grossophobie (Gabrielle Lisa Collard)
- Fière d'être moi-même (Gaëlle Prudencio)
- « Gros » n'est pas un gros mot : Chroniques d'une discrimination ordinaire (Daria Marx et Eva Perez-Bello du collectif Gras Politique)
- Grosse, et puis ? Connaître et combattre la grossophobie (Edith Bernier)
- La vie en gros : Regard sur la société et le poids (Mickaël Bergeron)
- On ne naît pas grosse (Gabrielle Deydier)
- T'as un joli visage (Shérazade Leksir, Céline Segure)



## FILM AND TELEVISION

*Please note: There may be a cost related to watching this content and CCDI is not responsible for those costs.*

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### Bilingual

- [Dietland](#) / [Dietland \(FR\)](#) (Amazon Prime)
- [Dumplin'](#) / [Miss Dumplin \(FR\)](#) (Netflix)
- [Glow](#) / [Glow \(FR\)](#) (Netflix)
- [Isn't It Romantic](#) / [N'est-ce pas romantique](#) (Amazon Prime, [AppleTV](#), [AppleTV-FR](#))
- [Last Holiday](#) / [Vacances Sur Ordannance](#) (Amazon Prime, [Apple TV](#))
- [Little Miss Sunshine](#) / [Little Miss Sunshine \(FR\)](#) (Disney+, [Amazon Prime](#), [Crave](#))
- [Lizzo's Watch Out For The Big Grrrls](#) / [Lizzo et ses Big Grrrls](#) (Amazon Prime)
- [Tales of Ordinary Fatphobia](#) / [Contes d'une grossophobie ordinaire](#) (National Film Board)
- [Thunder Force](#) / [Thunder Force \(FR\)](#) (Netflix)

### English only

- [Embrace: The Documentary](#) (Plex, [YouTube](#), [AppleTV](#))
- [Patti Cake\\$](#) (YouTube, [Amazon Prime](#))
- [Real Women Have Curves](#) (Crave)
- [Shrill](#) (Crave)

### French only

- [J't'aime gros](#) (QUB radio/Vrai)
- [La Grosse Vie de Marie](#) (France-TV)
- [On achève bien les gros](#) (YouTube)

## Bilingual

- [Enough with the fear of fat / Assez avec la grossophobie !](#) (Kelli Jean Drinkwater)
- [The inaccurate link between body ideals and health / Le lien inexact entre les idéaux corporels et la santé](#) (Nancy N. Chen)

## English only

- [Body Positivity: The Movement that Changed My Life](#) (Neha Parulkar)
- [Breaking Bias](#) (Sarah Bramblette)
- [Fear Of A Fat Planet: Obesity, Medical Racism, Me](#) (Hannah-Maria Francis)
- [Let's unpack our fear of fatness](#) (Athena Nair)
- [Let's talk about fat bias and thin privilege](#) (Madison A. Krall)



## PODCASTS

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## English only

- [Bad Fat Broads](#)
- [Belly Love](#)
- [Body Kindness](#)
- [Decolonizing Fitness](#)
- [Every Body](#)
- [Fat Joy](#)
- [Fat Outta Hell](#)
- [Fat Theory Book Club](#)
- [Fat. So?](#)
- [Food Psych](#)
- [Friend Of Marilyn](#)
- [Maintenance Phase](#)
- [My Black Body](#)
- [Peach, Please!](#)
- [Rebel Eaters Club](#)
- [She's All Fat](#)
- [Slumber Party Podcast](#)
- [The BodCast](#)
- [The Fat Doctor Podcast](#)
- [The Fat Lip](#)
- [Unsolicited: Fatties Talk Back](#)
- [Woman of Size](#)

## French only

- [Quoi de meuf - À corps ouverts](#)
- [Au-delà du miroir : réflexions sur l'image corporelle](#)
- [Elles sont](#)
- [Ma santé pour la vie - La grossophobie](#)
- [Bien Avec Mon Corps](#)
- [À plat ventre : la culture des diètes avec Loounie](#)



### INSTAGRAM ACCOUNTS

*CCDI is not responsible for the content posted by any of these accounts.*

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## English only

- [@yrfatfriend](#)
- [@thefatdoctor](#)
- [@sofiehagendk](#)
- [@kenziebrenna](#)
- [@bethrosenrd](#)
- [@radlove.nutrition](#)
- [@bodyimagewithbri](#)
- [@fierce.fatty](#)
- [@thenutritiontea](#)
- [@lisarutledgerdn](#)

## French only

- [@stopgrossophobie](#)
- [@guylou\\_guay\\_](#)
- [@pratique.inclusive](#)
- [@julialevyndejuru](#)
- [@edithbernier.ca](#)

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