



FAT ACTIVISM & HAES®

Advocating for Ourselves & Our Clients in
Healthcare Spaces



ANGEL AUSTIN
ASDAH's Advocacy and
Community Leader

TIGRESS OSBORN
NAAFA's Chair

All blank pages have been removed, and some notes have been enlarged for easier viewing. No other edits were made.

**Breakout Session 1:
Crowdsourcing
ideas for how to
participate in
advocacy and
support fat
liberation in
non-healthcare
settings.**

BIPOC Affinity Room

Pushing back on assignments/lectures/readings that are anti-fat as a nutrition student

Helping fat friends with weight stigma

Advocating for our fat children in medical spaces, schools, extracurricular activities, etc.

Having discussions about fatness, inclusion, and accessibility with friends or in public spaces

Uplifting fat voices, sharing the work of fat people and supporting fat-owned businesses

Trying to figure out how to be an ally and engage in small acts of resistance when you are witnessing the harms of anti-fat bias as a healthcare provider

Showing up to every space/event advocating for myself and other Fat folx. Making sure chairs are safe for fat folx and wheelchair/disabled users.

Being noisy in the doctor's office

Talking to middle school students about not defining themselves and their peers by their appearance/size

Advocacy in the classroom and for students and consumers as a professor

Supporting clients with similar lived experience as a therapist

Challenging fatphobia in social media spaces

Working with family members to educate them on HAES and challenge fatphobic lenses as well as uplift and celebrate family in fat bodies while being a safe support.

Writing to text book publishers and asking them to change language to be inclusive.

Disabled Affinity Room

#NormalizeBidets!

Speaking out in a progressive seniors' community (that the person is a part of / lives in) about fat liberation. For example, speaking up about the problematic aspects of the film Th

This is a text box. I wonder if anyone else can see it.

My daughter has Down syndrome and I see a lot of fat stigma in the parent community. I try to advocate and educate through social media.

I've successfully advocated to include size and appearance in the anti-discrimination statement of the Editorial Freelancers Association.

I consistently speak against conferences going back to in-person gatherings, advocating instead for accessibility by remaining virtual. Travel is impossible for many Superfat folk

I myself currently use a cane and on occasion, a walker. But public spaces, despite the ADA, are often size-unfriendly.

I make a fuss when healthcare settings do not offer size-accessible seating in their waiting areas and treatment rooms. It surprises me how often nurses agree!

I have been present when wall-mounted toilets broke off the wall and dumped very heavy users on the floor amid shards of broken porcelain. I often speak out on this subject.

One of my favorite examples is the bathroom stall that is wheelchair - accessible, but the toilet paper holder is mounted so close to the toilet, that a very fat person cannot sit on the toilet.

Doing academic work in fat studies, and working on EDI-oriented communities to insert fat rights and liberation into the conversation.

Contribution: Just leaving the house as a superfat or infinifat person, especially as one who uses assistive devices. Being unapologetic about it!

I regularly post on LinkedIn when threads occur that allow me to be critical of the AAP and the use of BMI in healthcare. I seek out allies among others who post.

I always take the time to thank those doctors who have shown exceptional size acceptance with my family members (and extended family) who are fat. This has happened many times

Trans Affinity Room

personal interactions, sharing information and naming fatphobic language

blog posts, using writing skills to advance fat liberation

fat mutual aid organizing, sharing resources to improve quality of life for fat folks

curating positive fat vibes on social media :)

being loud and passionate in theater communities and spaces

contacting apps, orgs, etc. to advocate for fat inclusivity

advocating in work spaces to avoid "workplace wellness" initiatives that encourage and center thinness

using academic spaces to bring in fat-positive conversations for students

highlighting areas of fat oppression in personal interactions-- access to surgeries, seating options, medical fatphobia, etc.

How we advocate for the
community as individuals
outside of our profession:

Room 4

**Speaking out at my
exercise space
(Pilates) about
healthism, diet
culture, capacitism,
privileges,
adaptation of
movement for all
bodies.**

**having hard
conversations with
loved ones and
pushing back when
their privilege is
going entirely
unchecked**

**moment to
moment
practicing
being aware
of our own
biases**

**No one owes
anyone else
health**

**Advocate for
inclusive care and
accommodating
furniture,
equipment, etc. in
doctors offices**

**Interrupting
diet talk and
healthism
conversations**

**My dentist is building
a new facility, and I'd
like to ask to speak
with him and his team
to consider different
chairs. Current chairs
are without rails, but
they are small.**

**Advocate for fat
disabled and trans
people with
healthcare
administrators to
set inclusive
treatment policies
for entire groups of
marginalized people**

**putting out
language of how to
use inclusive,
supportive
language when
working with fat
people in medical
environments**

**slow and steady
conversational work
with people
unaware of their
own healthism or
sizeism**

**Acknowledge and
reframing body
thoughts at
conversations in
family, friends
gatherings. Aiming
for a more neutral
relationship with
body**

**bringing a anti-fat
bias subcommittee
together, under DEI
efforts, to inform &
educate faculty/staff**

Room 6

Sharing fat experiences in social circles.

Being each other's cheerleader when the world feels like it's against you. Power in surrounding yourself with people who know where you're coming from.

Friends in the fatosphere have started an online community with message boards.

Let clients know it's a safe space to talk about body image.

Asheville Fatties Group - First group of its kind in western NC. In South, fat is more stigmatized. Making more socially conscious choices.

Support and/or introduce legislation aimed at legal protections for fat folx

Body Liberation Hiking Club

Co-founded Feedists for Fat Liberation, co-organized Fat Lib 101 and 102 workshops, Kaiser patient advisory board participant

Power Plus Wellness - group for fat folks to take different movement classes

Room 7

**steering
professional
learning
topics toward
weight
inclusive care**

**providing safer
spaces for fat family
members and
challenging
fatphobic
perceptions
reproduced within
the family**

**incorporating
IE into roller
derby team!**

**being
loud
when we
can!**

**disrupting
antifatness when I
hear it/see it +
supporting friends
who want to pursue
a size inclusive lens**

**advocacy at
university for
size inclusivity
(incl.
furniture)**

Room 10

Capstone Project for how to do weight inclusive care, not my day job. Working on Physician Support.

Working on removing BMI from a corporations wellness program and eliminating wellness program overall.

Working on changing a hospitals weight bias view, such as changing inclusive signage to include weight support. Looking at expanding outward to other hospitals.

Going back to school to get Ph.D in weight studies, and change med school curriculum to remove BMI.

Medical Students for size inclusivity, working educating medical students about weight bias.

Working on building weight inclusivity by switching focus on weight neutral or inclusivity to students at university. Educating/trashing BMI to professionals.

Room 2

**As a thin person,
opting not to be
weighed at the
doctor to stand in
solidarity with those
who are stigmatized
in healthcare.**

**Standing up and
condemning anti-fat
rhetoric online and
social media (when
we have emotional
capacity)**

**Advocate for
size-inclusive
furniture,
office spaces,
etc.**

**Report weight
loss/fat phobic
posts,
advertisements**