

The Battle against Fat Bodies: A teacher shares her personal experience

Charlene Sacher
Nüton Nutrition Education



1

Housekeeping before we jump in



- Handouts available in the chat box – feel free to download
- Please ensure your microphone is muted to reduce background noise
- Q&A for questions - All questions will be answered at the end
- Recording will be available shortly
- Poll questions



2023-05-10

2

2

Our Goal

(We) provide training and nutrition programs to Manitoba educators so they can help kids feel comfortable around food and eating.

(We) inspire Manitoba educators to have a positive impact on kids' food journeys using experience-based learning to discover and explore a variety of foods.



5



Amanda Hamel, RD

- White settler
- Able bodied, pronouns: she/her
- Food secure
- Registered Dietitian since 2013
- Currently employed with Nüton as a Nutrition Educator



6



Tressa Beaulieu, RD

- Able bodied (she/her)
- Métis woman with Oji-Cree ancestral ties to Lake St. Ann area (now known as Lake Nipigon)
- Major in Human Nutritional Sciences and Minor in Indigenous Studies
- Employed part-time with Nüton as a Nutrition Educator
- Owner of Red Horse Connection



7



Charlene Sacher

- White Settler/food secure (she/her)
- Educator for 18 years
- Post-Baccalaureate in Inclusive Education; currently working on Masters in Fat Stigmatization in Education



8

What is your role?



9

9

In this webinar, let's explore...



- You will learn ways to identify and address fat stigmatization of students and educators within the education system by exploring:
- The meaning and impact of fat stigmatization and discrimination
- The nuances and microaggressions that are experienced
- How it impacts students and educators
- Alternative ways to talk about bodies and food
- How you can apply this within the school setting and in your work with children and you

10

10



What Got Me Started

- Family history
- Medical discrimination of grandma, mom, other family
- Personal experience with medical stigmatization and bias
- Unintentional weight loss while pregnant and teaching

11

11

Quick Comments



I ended up just quitting all of the sports in high school because they didn't have a uniform for me.

When I go into sporting stores, they look at me like I have two heads when I ask them for plus sizes.

Since I am fat, I must either be evil, lazy, or a total joke that no one takes seriously.

I remember being made fun of by my classmates and my teacher when I couldn't fit at a desk.

Ski pants are the bane of my existence. I can't play with the kids.

I still cry when I think about it.

2023-05-10

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12

12

What got me started...



FAT ACCEPTANCE

What is ISN'T:

- X Believing everyone should be fat
- X Hating straight-sized people
- X Forcing everyone to find fat people attractive
- X An "excuse" to be "greedy", "lazy" or "unhealthy"
- X A method to teach people to love their body
- X Anti "health"

What is IS:

- ✓ A social justice movement created to increase the acceptance of fat bodies and seeks to ensure fat people have equal rights and access as straight sized people

@FIERCE.FATTY



13

13



5/10/2023

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14

14

Weight stigma statistics



15

15


<p>Youth report that 86% of fat students are bullied by their peers (Puhl et al., 2011)</p>	<p>Fat stigmatization is one of the most frequently reported form of discrimination (Nutter et al., 2016)</p>	<p>Body size discrimination is not protected by the Canadian Charter of Rights and Freedoms (1982) or the Manitoba Human Rights Code (1987)</p>
<p>Teachers show a negative response to fat students, assuming they are lazy, undisciplined, and lacking competence (Latner & Stunkard, 2012; Puhl et al., 2011; Colls & Evans, 2010; Russell, 2020; Dark, 2019)</p>		<p>A survey involving 50 fat women in the United States filled out the Stigmatizing Situations Inventory over 298 days, and during this time, more than one thousand weight-stigmatizing events occurred (Seacat et al., 2014)</p>
<p>55% of the time, the teachers were aware that the student was being teased, yet often were unsupportive - either ignoring it or joining in (Cardinal, 2014)</p>	<p>Educators have more negative student evaluations, negative comments on their weight from both students and other faculty (Royce, 2016; Escalera, 2009; Heath, 2021)</p>	<p>Fat folks are less likely to be hired than thin people and fat employees are seen as less competent, lazy, and lacking in self-discipline (Roehling, 1999; Paul & Townsend, 1995).</p>

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16

Damage Control

Seeing the effects on my own child made me begin to question the current curriculum and the effects on my students.

"Good" Foods	"Bad" Foods
<p>(examples)</p> 	<ul style="list-style-type: none"> • Rotten or spoiled food • Food that you are allergic or intolerant to (these are bad for <i>you</i>, not for everyone) • Food that is trying to rob a bank • Food that calls you names at recess

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17

What Can We Do? Encouraging body diversity!

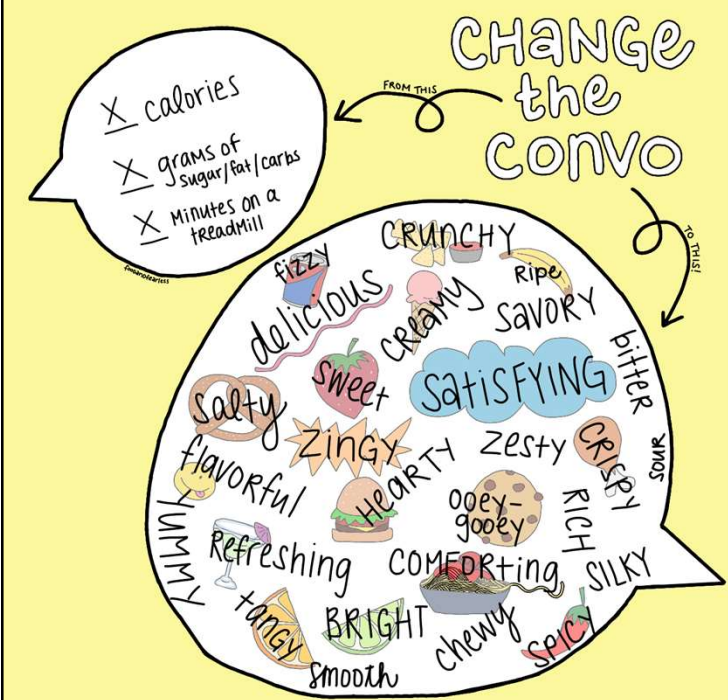
- Accepting and respecting body diversity improve eating behaviours, lifestyle, and psychological health
- Accept and respect the diversity of body shapes and sizes
 - Language used in the classroom
 - Equipment
 - Environments
 - Body diversity in materials/media/resources

If we can appreciate the diversity among puppies, we should also be able to appreciate the diversity among humans.

foodandfearless



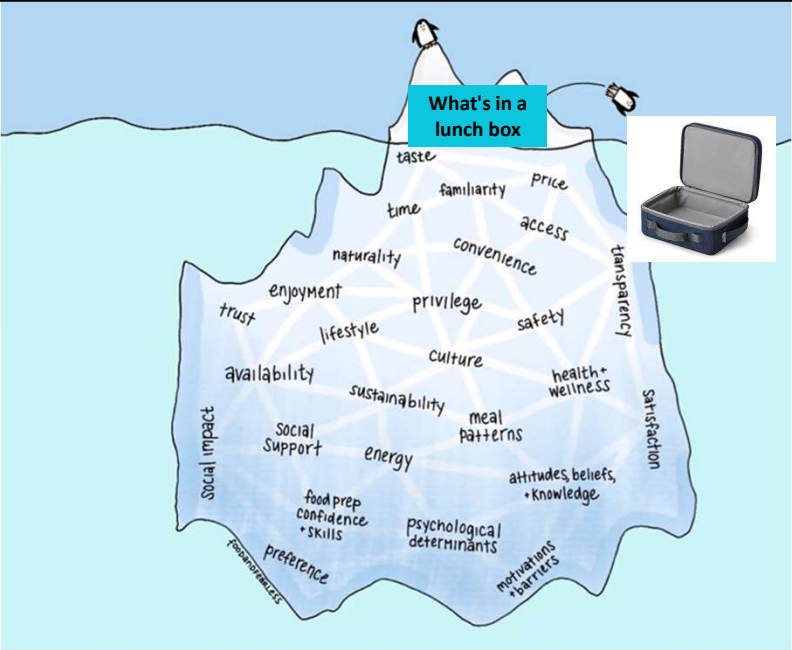

18



Change the dialogue with food/eating

- There are no good or bad foods.
- Name foods as they are.
- For example, a cookie is a cookie (not junk food or unhealthy) and an apple is an apple (not clean or healthy).
- Getting the adults in the room/building all on board

19

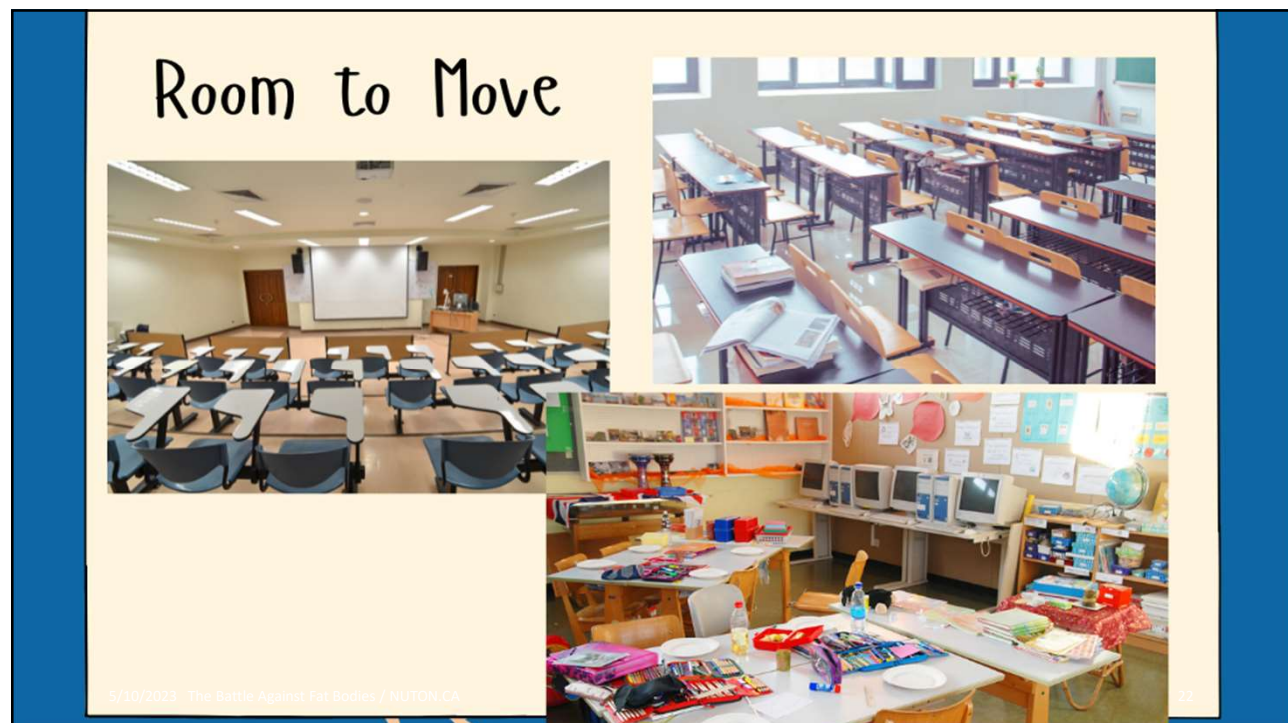
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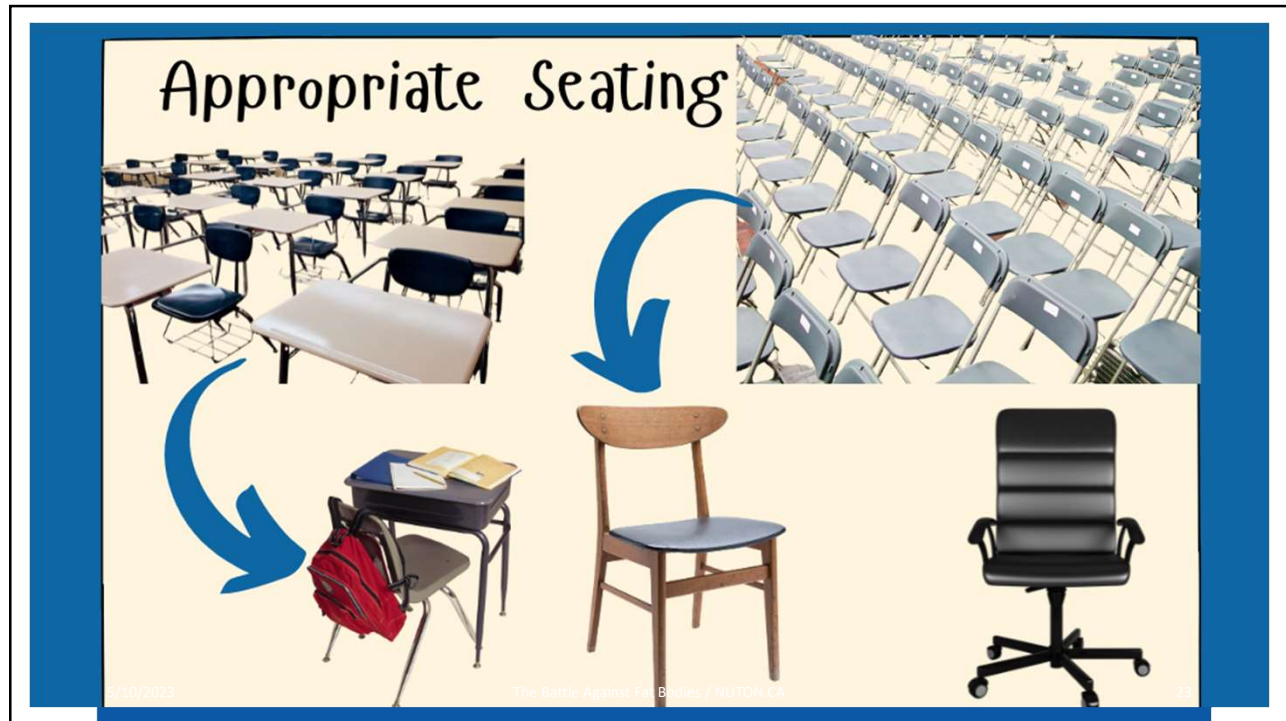
What this can look like in the school setting

21

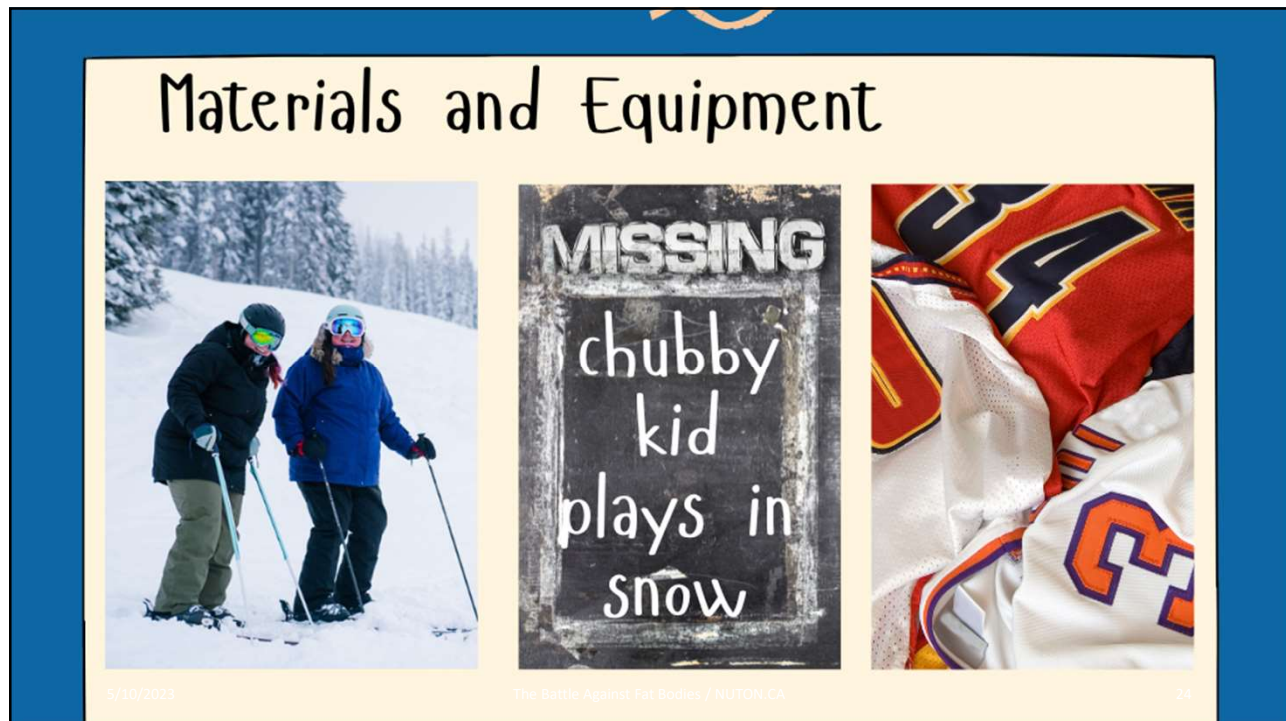
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22



23



24

Four Questions to Ask Before Choosing Educational Material about Food

Stories are powerful and can be shared in many different ways. They help children and youth discover new ideas, connect with others, and make sense of the world around them.

While there are many food-related books and educational materials available, taking a moment to ensure they align with supporting positive and inclusive relationships with food and bodies is important for the children and youth in your care.

We have done our best to hand-select each educational material in this library, but as always, nothing is perfect, and the list is not exhaustive.


Don't see your book or educational material in the library?

Step 1: Use the following questions to determine if the educational material (e.g., book, song, podcast, poster etc.) supports positive and inclusive relationships with food and bodies.

Step 2: If you answered 'no' to any of these questions, we recommend choosing a different educational material. If you answered 'yes' to all these questions – please feel free to share your suggestion with us by contacting the Nuton team at nuton.mb@dfc-plc.ca. We'd love to add to the library!

Does the educational material...	YES	NO
Speak about all foods, ways of eating, people, bodies and cultures in a respectful, non-judgmental way?	<input type="radio"/>	<input type="radio"/>
• Look for messages that highlight interest and curiosity rather than referring to the food or people that eat the food as "yucky" or "weird."	<input type="radio"/>	<input type="radio"/>
• Look for messages and illustrations that represent a diversity of people, bodies, genders, abilities, culture, skin colour, etc. Representation matters.	<input type="radio"/>	<input type="radio"/>
Avoid labeling foods as good/bad, healthy/unhealthy, junk food, sometimes or everyday foods?	<input type="radio"/>	<input type="radio"/>
• Describing foods this way may be confusing and harm children's relationship with food.	<input type="radio"/>	<input type="radio"/>
Avoid focusing on nutrients, calories, or body weight?	<input type="radio"/>	<input type="radio"/>
• Look for positive and inclusive messages about all bodies. Messages about nutrients and calories are too abstract for young children.	<input type="radio"/>	<input type="radio"/>
Avoid pressuring children and youth to eat in any way?	<input type="radio"/>	<input type="radio"/>
• Food pressure can be subtle and can harm children and youths' relationship with food by teaching them to not listen to their preferences and body's natural hunger and fullness cues.	<input type="radio"/>	<input type="radio"/>
• Examples include asking them to have X number of bites, encouraging a child to "try" a food, finish their plate or eat foods in a specific order, praising them for eating vegetables, and/or using food as a reward.	<input type="radio"/>	<input type="radio"/>

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Classroom Content and Resources

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25




Books for All Ages

- The link that will be shared has books for preschool to high school.
- Adult resource books included as well









2023-05-10 26

26



why body image matter for kids

@jennthediethitian

			
increased overall health behaviours	move more regularly	eat more variety of foods	put themselves forward for opportunities
			
connect with friends more often	get more sleep	raise their hand in class more often	less likely to engage in disordered eating

27

27

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2023-05-10

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28

28



What is one thing you will put into practice as a result of attending this webinar?

Answer in the chat

Survey at end of webinar

29

29

Don't forget...

- Charlene's Book list

October - Body Size Diversity

These books feature a wide range of large bodies that are often not shown in literature or other media. The books listed are for kindergarten to grade 12 students. Below that list, there are books for educators to use to learn more about the fat stigmatization and the effects of discrimination on those who have fat (plus) bigger bodies. Some of these books look at being fat and other books are just characters who happen to be big and living their lives.

Books for Students:

Beautiful by Stacy McAnulty (K-3)
I Like Me by Nancy Carlson (K-3)
The Belly Book by Fran Manuelli (K-2)
Abigail and the Whale by Davide Cali (K-4)
Lovely by Jess Hong (K-3)
The Truth about Grandparents by Elina Ellis (K-3)
Ernest the Moose who Doesn't Fit by Catherine Rayner (K-2)
Brontë's Tale by James Howe (K-4)
Diana Dances by Luciano Lozano (K-3)
Don't Feed the Bear by Kathleen Doherty (K-3)
Julian is a Mermaid by Jessica Love (K-4)
The Five of Us by Blake Quentin (K-4)
Bodies are Cool by Tyler Feder (K-3)
It's Okay to be Different by Todd Parr (K-2)
I Love my Body Because by Shelly Anand and Nami Elson (K-3)
Beautifully Me by Nabila Noor (K-4)
Princesses vs. Dinosaurs by Linda Bailey (K-3)
I Really Want to Win by Simon Philip and Lucia Gagliotti (K-3)
Fry Bread: A Native American Family Story by Kevin Noble Mialard (K-4)
The Rare Naked Book by Kathy Simon (K-4)
Our Little Kitchen by Jillian Tamaki (K-3)
The Olive Grove Bean Beam Beam by Colleen AF Venable (K-3)
Little Witch Hazel by Phoebe Wahl (K-4)
Backyard Fables by Phoebe Wahl (K-3)
I Can be Anything by Shinsuke Yano (K-2)
Flora and the Flamingo (wordless picture book) by Molly Idle (K-4)
A Mermaid Girl by Sara Rafi (K-3)
All of Us by Kathryn Erskine (K-4)
Her Body Can by Kate Crenshaw (K-3)
Some Places More Than Others by Renee Watson (3-7)
Caney's Choice by Nikki Grimes (3-7)
Own your period by Chella Quint (4+) - trans inclusive and gender affirming



amazing things by Jessica Sanders (3-7) *only AFAB
 Rider (2-4)
 McGuire (3+)

(8-10)
Body Positivity for Girls of Color by Virgie Tovar (6-12)
 m by Alex De Campi (6-12)
 tal Maldonado (8-12)
 ns (7-12)
 2)

about living fabulously fat edited by Cassandra

era (8-12)

the Fat and Fierce edited by Angie Montford (high

to apologize for your size by Marilyn Wann (adult/high

Kate Harding and Marianne Kirby (adult)

ing Weight-Based Oppression Through Critical

arstance Russell (adult) - lots of great education

days (adult)

ill-Fitness as Anti-Blackness by Da'Shaun L. Harrison

Health Books Get Wrong, Leave Out, and Just Plain

Uncia Bacon (adult)

le Talk About Fat by Aubrey Gordon (adult)

Origins of Fat Phobia by Sabrina Stringe (adult)

ya Renee Taylor (adult)

Chastain (adult)

ement by Charlotte Cooper (adult)

Guide to Living Life Inapologetically by Stephanie

30

30

Don't forget...

- Get on the waitlist for a **NEW poster series** on weight stigma and food neutrality
- Included in the post-webinar survey

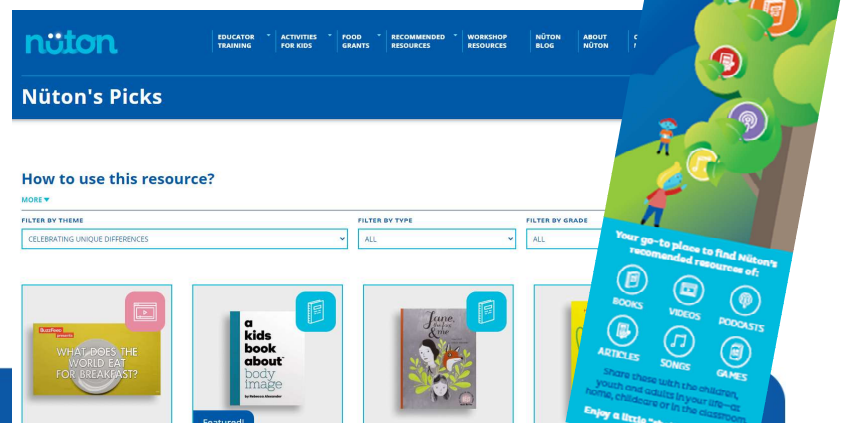


31

31

What's Nü?

- The recording of this webinar will be available soon on our **blog**!
- Subscribe to our mailing list to stay up to date
- Nüton's Picks



32

As a thank-you for coming, you're entered to win!



33

Thank you! Questions?



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34