

Fat Shame Stigma And The Fat Body In American Culture

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Fat Shame: Stigma and the Fat Body in American Culture explores this arc, from veneration to shame, examining the historic roots of our contemporary anxiety about fatness. Tracing the cultural denigration of fatness to the mid 19th century, Amy Farrell argues that the stigma associated with a fat body preceded any health concerns about a large body size.

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In our culture the word 'fat' is no longer an objective word describing adipose tissue. Today, your body weight comes laden with moral, economic and social judgments. The rise in obesity over the past 30 years and the corresponding costs attached have created a 'perfect storm' of weight stigma, weight bias, fat shaming and discrimination. No one is immune, young or old.

~~Weight: Shaming, Stigma and Bias - Blog | The Weight Debate~~

What is harmful about being fat is the stigma that has a negative impact on our physical and mental health. Feeling stigmatised can cause chronic health problems, such as high blood pressure, inflammation in the body and increased level of cortisol.

~~What does fat shaming and weight discrimination do to your ...~~

Sports Physiologist Isaac Warbrick says there is a stigma or 'fat shaming' of people who are overweight, particularly Māori and Pasifika people. He links the stigma to racism. 'FAT SHAMING' BY...

~~The stigma of a system that 'fat shames' Māori and ...~~

Weight stigma kick-starts what for many will become lifelong cycles of shame. And it sends a clear, heartbreaking message to fat children: The world would be a better place without you in it.

~~Opinion | Leave Fat Kids Alone - The New York Times~~

Fat shaming is the act of criticizing and harassing overweight people about their weight or eating behavior. It's often justified as a means to motivate people, but research shows that it has the...

~~The Harmful Effects of Fat Shaming - Healthline~~

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The social stigma of obesity or fatphobia has caused difficulties and disadvantages for overweight and obese people. Weight stigma is similar and has been broadly defined as bias or discriminatory behaviors targeted at individuals because of their weight.

~~Social stigma of obesity - Wikipedia~~

To be fat hasn't always occasioned the level of hysteria that this condition receives today and indeed was once considered an admirable trait. Fat Shame: Stigma and the Fat Body in American Culture explores this arc, from veneration to shame, examining the historic roots of our contemporary an

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~~Fat Shame - NYU Press~~

As nouns the difference between shame and stigma is that shame is uncomfortable]] or painful feeling due to recognition or consciousness of impropriety, dishonor or other wrong in the opinion of the person experiencing the feeling it is caused by awareness of exposure of circumstances of [[unworthy|unworthiness or of improper or indecent conduct while stigma is...

~~Shame vs Stigma - What's the difference? | WikiDiff~~

- Ashlea Gillon (Fat Indigenous Bodies and Body Sovereignty: An Exploration of Re-presentations, 2019) For this conversation, we will be joined by a stellar group of panelists based in Canada, the U.S, and New Zealand who are all working to call out and dismantle fat shaming and weight stigma: Dr. Jill Andrew - MPP for Toronto-St.Paul's

A look at how fatness became a cultural stigma in the United States.

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One of Choice's Significant University Press Titles for Undergraduates, 2010–2011 To be fat hasn't always occasioned the level of hysteria that this condition receives today and indeed was once considered an admirable trait. Fat Shame: Stigma and the Fat Body in American Culture explores this arc, from veneration to shame, examining the historic roots of our contemporary anxiety about fatness. Tracing the cultural denigration of fatness to the mid 19th century, Amy Farrell argues that the stigma associated with a fat body preceded any health concerns about a large body size. Firmly in place by the time the diet industry began to flourish in the 1920s, the development of fat stigma was related not

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On any given day in America’s news cycle, stories and images of disgraced politicians and celebrities solicit our moral indignation, their misdeeds fueling a lucrative economy of shame and scandal. Shame is one of the most coercive, painful, and intriguing of human emotions. Only in recent years has interest in shame extended beyond a focus on the subjective experience of this emotion and its psychological effects. The essays collected here consider the role of shame as cultural practice and examine ways that public shaming practices enforce conformity and group coherence. Addressing abortion, mental illness, suicide, immigration, and body image among other issues, this volume calls attention to the ways shaming practices create and police social boundaries; how shaming speech is endorsed, judged, or challenged by various groups; and the distinct ways that shame is encoded and embodied in a nation that prides itself on individualism, diversity, and exceptionalism. Examining shame through a prism of race, sexuality, ethnicity, and gender, these provocative essays offer a broader understanding of how America’s discourse of shame helps to define its people as citizens, spectators, consumers, and moral actors.

Winner, 2020 Body and Embodiment Best Publication Award, given by the American Sociological Association
Honorable Mention, 2020 Sociology of Sex and Gender Distinguished Book Award, given by the American Sociological Association
How the female body has been racialized for over two hundred years
There is an obesity epidemic in this country and poor black women are particularly stigmatized as “diseased” and a burden on the public health care system. This is only the most recent incarnation of the fear of fat black women, which Sabrina Strings shows took root more than two hundred years ago. Strings weaves together an eye-opening historical narrative ranging from the Renaissance to the current moment, analyzing important works of art, newspaper and magazine articles, and scientific literature and medical journals—where fat bodies were once praised—showing that fat phobia, as it relates to black women, did not originate with medical findings, but with the Enlightenment era belief that fatness was evidence of “savagery” and racial inferiority. The author argues that the contemporary ideal of slenderness is, at its very core, racialized and racist. Indeed, it was not until the early twentieth century, when racialized attitudes against fatness were already entrenched in the culture, that the medical establishment began its crusade against obesity. An important and original work, *Fearing the Black Body* argues convincingly that fat phobia isn’t about health at all, but rather a means of using the body to validate race, class, and gender prejudice.

"This is an exceptional collection—the subject is of obvious importance, yet terribly undertheorized and unexamined. I know of no other work that offers what this collection provides."—Marcia Millman, author of *Such a Pretty Face: Being Fat in America* ". . . A valuable contribution to scholarly debates on the place of excessive bodies in contemporary culture. This book promises to enrich all areas of inquiry related to the politics of bodies."—Carole Spitzack, author of *Confessing Excess: Women and the Politics of Body Reduction* "This anthology includes a wide range of perceptive and original essays, which explore and analyze the underlying ideologies that have made fat "incorrect." Echoing the spirit of the nineteenth-century adage about children who should be neither seen nor heard, some of the authors powerfully remind us that we keep "bodies out of bound" silenced and unseen—unless, of course, we need to peek at the comic or grotesque."—Raquel Salgado Scherr, co-author of *Face Value: The Politics of Beauty* "Through textual analyses, video/film analyses, television theory, and literary theory, this collection demonstrates the various ways in which dominant representations of fat and corpulence have been both demonized and rendered invisible. . . . This volume will be a crucial corollary to work on the tyranny of slenderness; a collection of different perspectives on the fat body is sorely missing in women's studies, communication, and media studies."—Sarah Banet-Weiser, author of *The Most Beautiful Girl in the World: Beauty Pageants and National Identity*

The modern struggle against fat cuts deeply and pervasively into American culture. Dieting, weight consciousness, and widespread hostility toward obesity form one of the fundamental themes of modern life. *Fat History* explores the meaning of fat in contemporary Western society and illustrates how progressive changes, such as growth in consumer culture, increasing equality for women, and the refocusing of women's sexual and maternal roles have influenced today's obsession with fat. Brought up-to-date with a new preface and filled with narrative anecdotes, *Fat History* explores fat's transformation from a symbol of health and well-being to a sign of moral, psychological, and physical disorder.

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Drawing on the authors' keen observations and decades of fieldwork, *Lazy, Crazy, and Disgusting* combines a wide array of ethnographic evidence from around the globe to demonstrate conclusively how stigma undermines global health's basic goals to create both health and justice.

Winner of the 2010 Distinguished Publication Award from the Association for Women in Psychology Winner of the 2010 Susan Koppelman Award for the Best Edited Volume in Women's Studies from the Popular Culture Association We have all seen the segments on television news shows: A fat person walking on the sidewalk, her face out of frame so she can't be identified, as some disconcerting findings about the "obesity epidemic" stalking the nation are read by a disembodied voice. And we have seen the movies—their obvious lack of large leading actors silently speaking volumes. From the government, health industry, diet industry, news media, and popular culture we hear that we should all be focused on our weight. But is this national obsession with weight and thinness good for us? Or is it just another form of prejudice—one with especially dire consequences for many already disenfranchised groups? For decades a growing cadre of scholars has been examining the role of body weight in society, critiquing the underlying assumptions, prejudices, and effects of how people perceive and relate to fatness. This burgeoning movement, known as fat studies, includes scholars from every field, as well as activists, artists, and intellectuals. *The Fat Studies Reader* is a milestone achievement, bringing together fifty-three diverse voices to explore a wide range of topics related to body weight. From the historical construction of fatness to public health policy, from job discrimination to social class disparities, from chick-lit to airline seats, this collection covers it all. Edited by two leaders in the field, *The Fat Studies Reader* is an invaluable resource that provides a historical overview of fat studies, an in-depth examination of the movement's fundamental concerns, and an up-to-date look at its innovative research.

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