

CPED/ 573CECP 835: Fat Studies & Health at Every Size

1 Credit

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CATALOGUE DESCRIPTION

This course explores the interdisciplinary field of scholarship in Fat Studies that aims to debunk weight-centric misconceptions and countering mainstream narratives. Examines fat bias, fat shame and weight-based oppression as a social justice issue that intersects with other systems of oppression. Introduction to the paradigm of Health at Every Size, a weight-neutral approach to health promotion that emphasizes size diversity, intuitive eating, and joyful movement. HAES is also an important paradigm in working with people who experience disordered eating.

COURSE STRUCTURE

This course is required for completion of the L&C Eating Disorders Certificate. L&C students may also take the course as an elective and it is also available to the larger community as a continuing education option. This one-credit course meets on a three Saturdays from 9am to 2:30pm and includes self-directed and on-line activities outside of the class sessions. The course will balance didactic presentations with potential for group activities, video presentations, and guest speakers.

COURSE OBJECTIVES

At the end of this course, students will be able to:

- understand body size and weight as socially constructed and differences as subject to privilege and discrimination,
- deconstruct dominant discourses on body size and weight
- understanding the role of the dominant discourse in evaluating body size
- critically evaluate the credibility of weight-related claims about health
- deconstruct the idea of health and “obesity”
- learn to use weight neutral approaches to health, especially in the treatment of clients with eating disorders

REQUIRED COURSE READING (other readings may be assigned as instructor discretion)

Bacon, L. & Aphramor, L. (2011). Weight science: Evaluating the evidence for a paradigm shift. *Nutrition Journal*, 10(9), 1-13.

Barry et al. (2014). Fitness vs fatness on all-cause mortality: A meta-analysis. *Progress in Cardiovascular Disease*, 56, 382-390.

Burgard, D (2009) What is Health At Every Size? In E. Rothblum & S. Solovay (Eds.), *The fat studies reader* (pp. 42-53). Berkeley, CA: University of California Press.

Fraser, Laura (2009) *The Inner Corset: A Brief History of Fat in the United States*. In E. Rothblum & S. Solovay (Eds.), *The fat studies reader*. Berkeley, CA: University of California Press.

Gaesser, G. (2009). Is "permanent weight loss" an oxymoron? The statistics on weight loss and the national weight control registry. In E. Rothblum & S. Solovay (Eds.), *The fat studies reader* (pp. 37-40). New York: New York University Press.

Tomiyaama, A. J., Ahlstrom, B. & Mann, T. (2013). Long-term effects of dieting: Is weight loss related to health? *Social and Personality Psychology Compass*, 7(12), 861-877.

Tylka et al. (2014). The weight-inclusive versus weight-normative approach to health: Evaluating the evidence for prioritizing well-being over weightloss." *Journal of Obesity*, 1-18.

Wann, M. (2009). *Fat studies: An invitation to revolution*. In E. Rothblum & S. Solovay (Eds.), *The fat studies reader* (pp. xi-xxvi). New York: New York University Press.

RECOMMENDED COURSE READING LIST:

Cooper, C. (2010). *Fat studies: Mapping the field*. *Sociology Compass*, 4(12), 1020-1034.

Royce, T. (2009). The shape of abuse: Fat oppression as a form of violence against women. In E. Rothblum & S. Solovay (Eds.), *The fat studies reader* (pp. 151-157). New York: New York University Press.

Kinzel, L. (2012, 27 Jan). What's wrong with fat shaming? xoJane [Online magazine] Retrieved from, <http://www.xojane.com/issues/whats-wrong-fat-shaming>

Campos, P., Saguy, A., Ernsberger, P., Oliver, E. & Gaesser, G. (2006). The epidemiology of overweight and obesity: Public health crisis or moral panic? *International Journal of Epidemiology*, 35(1), 55-60.

Jutel, A. M. (2001). Does size really matter? Weight and values in public health. *Perspectives in Biology and Medicine*, 44(2), 283-296.

Wright, J. (2009). Biopower, biopedagogies and the obesity epidemic. In J. Wright & V. Harwood (Eds.), *Biopolitics and the 'Obesity epidemic': Governing bodies* (pp. 1-14). New York: Routledge.

Greenhalgh, S. (2012). Weighty subjects: The biopolitics of the US war on fat. *American Ethnologist*, 39(3), 471-487.

Oliver, J. (2006). The politics of pathology: How obesity became an epidemic disease. *Perspectives in Biology and Medicine*, 49(4), 611-27.

Saguy, A. C. & Riley, K. W. (2005). Weighing both sides: Morality, mortality, and framing contests over obesity. *Journal of Health Politics, Policy & Law*, 30(5), 869-921.

Budd et al. (2011). Healthcare professionals attitudes about obesity: An integrative review. *Applied Nursing Research*, 24, 127-137.

Brazier, J. E., & Lebesco, K. (2001). *Bodies out of bounds: Fatness and transgression*. Berkeley: University of California Press.

Bacon, L. (2008). *Health at every size*. Dallas: BenBella Books.

Blog Posts

Who is fat enough to be fat? by Your Fat Friend

11 Reasons Why Your Phony Concern for Fat People's Health Has Got to Stop by Melissa Fabello and Linda Bacon

We Need to Put an End to Fatphobia in Woke Spaces by Melissa Toler

Looking for Myself in Someone Else's Body by Melissa Toler

Changing the conversation: SCN talks to Gloria Lucas, founder of Nalgona Positivity Pride by Tessa Ray

COURSE REQUIREMENTS AND EVALUATION

In-class participation and presence: 50%

Assignments: 50%

CECP DEPARTMENTAL ATTENDANCE POLICY

Class attendance is expected and required. Missing more than ten percent of class time may result in failure to complete the class. This would be 4.5 hours of a 45 hour class (3 credits), 3.0 hours for a 30 hour class (2 credits) or 1.5 hours for a 15 hour class (1 credit.) In case of extreme hardship and also at the discretion of the instructor, a grade of incomplete may be given for an assignment or the entire course. In such cases, the work to be submitted in order to remove the incomplete must be documented appropriately and stated deadlines met. Students are expected to be on time to class and tardiness may be seen as an absence that requires make-up work.

COURSE SCHEDULE

We will meet on February 26th, March 5th, and March 12th (Saturdays), 2022 from 9-2:30pm.

COURSE ASSIGNMENTS (may be modified based on instructor discretion)

1. Conduct the following experiments and write a two-page reflection paper (double spaced) about your findings:

- Choose a restaurant you would like to go to and research whether they have adequate seating to accommodate your body if you lived in a fat body. When you go to the restaurant note what you would need to do to get the seating you would need.
- Go to Target (or any store that sells "straight" sized clothing and "plus sized" clothing). Notice how many racks of non- plus-sized clothing they have and how many racks of plus sizes they carry. What is the largest size available in the "women's" and "men's" sections of the store? Note any other findings.

DUE MARCH 12th during our final class. Please come prepared to discuss.

2. Read one of four books listed below. Write a 2-3 page reflection paper (double spaced) OR record a discussion about the book with classmates that discusses a new concept you learned and whether this book is something you would recommend to clients.

Book list:

Hunger: A memoir of my Body by Roxane Gay

The Body is Not an Apology by Sonya Renee Taylor

Fat Activism: A Radical Social Movement by Charlotte Cooper

Body Respect by Linda Bacon and Lucy Aphramor

Fat Shame: Stigma and the Fat Body in American Culture by A. Farrell

DUE MARCH 20th via email to kdomann@lclark.edu.

NON-DISCRIMINATION POLICY

Lewis & Clark College adheres to a nondiscriminatory policy with respect to employment, enrollment, and program. The College does not discriminate on the basis of race, color, creed, religion, sex, national origin, age, handicap or disability, sexual orientation, or marital status and has a firm commitment to promote the letter and spirit of all equal opportunity and civil rights laws.

SPECIAL ASSISTANCE

If you have a disability that may impact your academic performance, you may request accommodations by submitting documentation to the Student Support Services Office in the Albany Quadrangle (503-768-7192). After you have submitted documentation and filled out paperwork there for the current semester requesting accommodations, staff in that office will notify me of the accommodations for which you are eligible.

Syllabus is subject to change at any time based on instructor discretion.