



Defense Health Agency

**Webinar Resources for Deployment Health Clinical Center
Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury
Psychological Health Webinar
June 2016**

Obesity, Eating Behaviors and Stigma among Service Members

Webinar Resources:

Overweight patients report weight discrimination in health care settings and subsequent avoidance of routine preventative health care in the article entitled, [Implicit and explicit anti-fat bias among a large sample of medical doctors by BMI, race/ethnicity and gender](#). The study is the first to show strong implicit weight bias among a large sample of medical doctors and that implicit and explicit attitudes about weight follow the same general pattern seen in the large public samples that hold strong implicit and explicit anti-fat bias.

An exploration of the relationship between consciousness of weight related stigma and perceived competence in physical activity as well as the potential mediation effects of body esteem and BMI are the focus of a research study discussed in The European Journal of Obesity's article, "[I Feel Fat": Weight-related stigma, body esteem, and BMI as predictors of perceived competence in physical activity](#)". The results of the study conducted indicated that consciousness of weight stigma affects perceived competence in physical activity; however, this relationship is mediated by body esteem.

Discrimination and stigmatization lead to worse outcomes in obese individuals. Factors that provide the basis for the rise in obesity prevalence necessitate gaining a comprehensive knowledge of the components of weight stigma. The Bio Med Central Public Health article, [The stigma of obesity in the general public and its implications for public health-a systematic review](#), published in 2011, recommends further research on public attitudes toward and perception of overweight and obesity as well as increased use and creation of standardized instruments.

Additional supporting references:

Cawley, J., MacLean, J. (2010). [Unfit for service: The implications of rising obesity for U.S. military recruitment](#). *National Bureau of Economic Research*, Working paper 16408.

Centers for Disease Control <http://www.cdc.gov/obesity/adult/causes.html>

Phelan, S. M., Burgess, D. J., Yeazel, M. W., Hellerstedt, W. L., Griffin, J. M., van Ryn, M. (2015). [Impact of weight bias and stigma on quality of care and outcomes for patients with obesity](#). *US National Library of Medicine National Institutes of Health*, 16(4), 319-326. doi: 10.1111/obr.12266



- Tomiyama, A. J., (2014). *Weight stigma is stressful. A review of evidence for the cyclic obesity/weight-based stigma model. [Appetite](#), 82, 8-15.*
- Vartanian, L. R. (2010). *Obese people vs fat people: Impact of group label on weight bias. [Eating, Weight, Disorder](#), 15,195-198.*