

J. ERIC OLIVER

FAT POLITICS

**The Real Story
Behind America's
Obesity Epidemic**

Fat Politics The Real Story Behind Americas Obesity Epidemic

J. Eric Oliver



Fat Politics The Real Story Behind Americas Obesity Epidemic:

Fat Politics J. Eric Oliver, 2005-11-15 It seems almost daily we read newspaper articles and watch news reports exposing the growing epidemic of obesity in America Our government tells us we are experiencing a major health crisis with sixty percent of Americans classified as overweight and one in four as obese But how valid are these claims In *Fat Politics* J Eric Oliver shows how a handful of doctors government bureaucrats and health researchers with financial backing from the drug and weight loss industries have campaigned to create standards that mislead the public They mislabel more than sixty million Americans as overweight inflate the health risks of being fat and promote the idea that obesity is a killer disease In reviewing the scientific evidence Oliver shows there is little proof that obesity causes so much disease and death or that losing weight is what makes people healthier Our concern with obesity he writes is fueled more by social prejudice bureaucratic politics and industry profit than by scientific fact Misinformation pushes millions of Americans towards dangerous surgeries crash diets and harmful diet drugs while we ignore other more real health problems Oliver goes on to examine why it is that Americans despise fatness and explores why despite this revulsion we continue to gain weight *Fat Politics* will topple your most basic assumptions about obesity and health It is essential reading for anyone with a stake in the nation s or their own good health

Obesity Discourse and Fat Politics Lee Monaghan, Rachel Colls, Bethan Evans, 2015-12-22 There is considerable rhetoric and concern about weight and obesity across an increasing range of national contexts Alarmist claims about an obesity time bomb are continually recycled in policy reports reviews and white papers each of which begin with the assumption that fatness is fundamentally unhealthy and damaging to national economies With contributions from the UK Canada the USA and Australia this book offers alternative critical perspectives on this alleged public health crisis which were in part developed through an Economic and Social Research Council seminar series on Fat Studies and Health at Every Size HAES Written by scholars from a range of disciplines and the health professions themes include an interrogation of statistical procedures used to construct the obesity epidemic overweight and obesity as cultural signifiers for Type 2 diabetes understandings of healthy eating and healthy weight in a problem population gendered expectations on men and women to lose weight the visual representation of obesity tensions when researching anti fatness critical dietitians engagement with HAES alternative ways of promoting physical activity and representations of obesity in the media This book was originally published as a special issue of *Critical Public Health*

Contributions from European Symbolic Interactionists

Thaddeus Muller, 2015-03-13 The papers in this volume were presented in at the third conference of the European Society for the Study of Symbolic Interaction SSSI The theme of the 2012 conference was Conflict Cooperation and Transformation in Everyday Life This volume focuses on Reflections on Methods

Fat Economics Mario Mazzocchi, W. Bruce Traill, Jason F. Shogren, 2009-03-26 The obesity epidemic and the growing debate about what if any public health policy should be adopted is the subject of endless debates within the media and in governments around the world Whilst much has been written on the

subject this book takes a unique approach by looking at the obesity epidemic from an economic perspective. Written in a language accessible to non specialists the authors provide a timely discussion of evolving nutrition policies in both the developing and developed world, discuss the factors influencing supply and demand of food, supply and review the evidence for various factors which may explain recent trends in diets, weight and health. The traditional economic model assumes people choose to be overweight as part of a utility maximisation process that involves choices about what to eat and drink, how much time to spend on leisure, food preparation and exercise, and choices about appearance and health. Market and behavioural failures, however, such as time available to a person, education costs imposed on the health system and economic productivity provide the economic rationale for government intervention. The authors explore various policy measures designed to deal with the epidemic and examine their effectiveness within a cost benefit analysis framework. While providing a sound economic basis for analysing policy decisions, the book also aims to show the underlying limits of the economic framework in quantifying changes in public well being.

Fat Deborah Lupton, 2018-05-15 In contemporary western societies the fat body has become a focus of stigmatizing discourses and practices aimed at disciplining, regulating and containing it. Despite the fact that in many western countries fat bodies outnumber those that are thin, fat people are still socially marginalized and treated with derision and even repulsion and disgust. Medical and public health experts continue to insist that an obesity epidemic exists and that fatness is a pathological condition which should be prevented and controlled. *Fat* is a book about why the fat body has become so reviled and reviewed as diseased, the target of such intense discussion and debate about ways to reduce its size down to socially and medically acceptable dimensions. It is about the lived experience of fat embodiment, how does it feel to be fat in a fat phobic society? Fat activism and obesity politics and related controversies are also discussed. Internationally renowned sociologist Deborah Lupton explores fat as a sociocultural artefact, a bodily substance or body shape that is given meaning by complex and shifting systems of ideas, practices, emotions, material objects and interpersonal relationships. This analysis identifies broader preoccupations and trends in the ways that human bodies and selfhood are experienced and practised. The second and much expanded edition of *Fat* is twice as long as the original edition. Lupton incorporates the very latest current critical scholarship and research offered in the humanities and social sciences on fat embodiment and fat politics. New updated material is presented in every chapter, including substantial additional sections on new digital media. *Fat* is a lively at times provocative introduction for the general reader as well as for students and academics interested in the politics of embodiment and health.

The Routledge International Handbook of Fat Studies Cat Pausé, Sonya Renee Taylor, 2021-04-18 The Routledge International Handbook of Fat Studies brings together a diverse body of work from around the globe and across a wide range of Fat Studies topics and perspectives. The first major collection of its kind, it explores the epistemology, ontology and methodology of fatness with attention to issues such as gender and sexuality, disability and embodiment, health, race, media, discrimination and pedagogy. Presenting work

from both scholarly writers and activists this volume reflects a range of critical perspectives vital to the expansion of Fat Studies and thus constitutes an essential resource for researchers in the field **Enjoy It All** Sarah Berneche, 2020-09-15 Diets aren't sustainable over the long term but so many of us don't know how to eat without food rules to follow By exploring the many reasons dieting keeps us stuck in an unfulfilling relationship with food from misguided beliefs about weight and health to social bonding to emotional management you can finally call off the search for the Secret hot take there isn't one and learn how to eat according to the wisdom of your body In her new book *Enjoy It All: Improve Your Health and Happiness with Intuitive Eating* Sarah Berneche delivers a step by step process for healing your relationship with food and your body image While nutrition recommendations frequently pepper the pages of magazines and newspapers across the country we're left increasingly confused about food and disconnected from our bodies Sarah teaches you that enjoying food and embracing the pursuit of pleasure can liberate you from diet culture for good while improving your health and sense of well being Imagine Feeling in control of your food choices whether that means saying yes to double cheese pizza because it looks so good or no to the chocolate chip cookie because it doesn't Trusting food and your body enough to smash your scale delete your calorie counting app opt out of your exhausting gym routine and ditch the extensive Sunday meal prep Keeping previously off limits foods like ice cream and candy in your house and eating them in a calm kind way Having the freedom to enjoy pasta pizza and pie without a side of guilt or shame Understanding how all foods can fit into a healthy diet and how to make necessary restrictions such as for medical or religious reasons a little more enjoyable *Enjoy It All* expands upon the following key points The reasons we diet and keep dieting even when we know diets don't work What's really underneath our never ending quest for the perfect body How our preoccupation with good and bad foods keeps us from food freedom The value of habits and behaviors rooted in self care vs self control How pleasure isn't antithetical to health it's intrinsic to it *Enjoy It All* also features journaling and mantra exercises an array of delicious recipes for breakfasts mains vegetable sides and snacks and a step by step process to support your health without dieting We've been conditioned to believe we need to abide by external rules to be healthy But what if everything you need to know is already within you Take ownership and improve your health happiness and sense of well being all without rules or restriction *Fat Church* Anastasia Kidd, 2023-04-15 Whether your body is small or large aged or young disabled or abled toned or soft lithe or stiff or somewhere in between anti fatness affects us all because it is intended to *Fat Church* critiques anti fat prejudice and the Church's historic participation in it calling for a fatphobic reckoning for the sake of God's gospel of freedom Pastor and theological educator Anastasia Kidd reviews the history of diet culture fat studies beauty body policing and the white supremacist machinations underpinning them in order to work for a society rooted in body liberation for all *Fat Church* offers a disruption to social habits of shame and remembers the theology of abundance that calls us all beloved by God

Neoliberal Bodies and the Gendered Fat Body Hannele Harjunen, 2016-08-25 In recent decades the rise of the so called

global obesity epidemic has led to fatness and fat bodies being debated incessantly in popular professional and academic arenas Fatness and fat bodies are shamed and demonised and the public monitoring surveillance and outright policing by the media health professionals and the general public are pervasive and socially accepted In *Neoliberal Bodies and the Gendered Fat Body* Hannele Harjunen claims that neoliberal economic policy and rationale are enmeshed with conceptions of body gender and health in a profound way in contemporary western culture She explores the relationships between fatness health and neoliberal discourse and the role of economic policy in the construction of the gendered fat body and examines how neoliberal discourses join patriarchal and biomedical constructions of the fat female body In neoliberal culture the fat body is not just the unhealthy body one finds in medical discourse but also the body that is costly unproductive and inefficient failing in the crucial task of self management With an emphasis on how neoliberal governmentality in its many forms affects the fat body and contributes to its vilification this book is essential reading for scholars of feminist thought sociology cultural studies and social theory with interests in the body gender and the effects of neoliberal discourse on social attitudes

Embodiment and Representations of Beauty Esther Hernández-Medina, Sharina Maíllo-Pozo, 2024-09-06

Interrogating beauty's very definition this volume of *Advances in Gender Research* explores beauty as an avenue to create alternative knowledge as well as a conduit to engage in critical conversations on race ethnicity gender sexuality illness and fitness *Is Breast Best?* Joan B. Wolf, 2013-07-19 Monitoring mothers a recent history of following the doctor's orders The science does breastfeeding make smarter happier and healthier babies Minding your own risky business health and personal responsibility From the womb to the breast total motherhood and risk free children Scaring mothers the government campaign for breastfeeding Conclusion whither breastfeeding *Obesity, Eating Disorders and the Media* Karin Eli, Stanley Ulijaszek, 2016-05-23 How do the media represent obesity and eating disorders How are these representations related to one another And how do the news media select which scientific findings and policy decisions to report Multi disciplinary in approach *Obesity Eating Disorders and the Media* presents critical new perspectives on media representations of obesity and eating disorders with analyses of print online and televisual media framings Exploring abjection and alarm as the common themes linking media framings of obesity and eating disorders *Obesity Eating Disorders and the Media* shows how the media similarly position these conditions as dangerous extremes of body size and food practice The volume then investigates how news media selectively cover and represent science and policy concerning obesity and eating disorders with close attention to the influence of pre existing framings alongside institutional and moral agendas A rich comprehensive analysis of media framings of obesity and eating disorders as embodied conditions complex disorders public health concerns and culturally significant phenomena this volume will be of interest to scholars and students across the social sciences and all those interested in understanding cultural aspects of obesity and eating disorders *Global Agenda for Social Justice 2* Glenn W. Muschert, Kristen M. Budd, Heather Dillaway, David C. Lane, Manjusha Nair, Jason A. Smith, 2022-09-06 This second volume of

The Global Agenda for Social Justice provides accessible insights into some of the world's most pressing social problems and proposes international public policy and social responses to those problems *Fat Kids* Rebecca Jane Weinstein, 2014-10-06 *Fat Kids* Truth and Consequences is an informational vault of deeply personal tales and essential information focusing on the lives, questions and concerns of parents and children living in a childhood obesity crisis. Unlike most books about weight, however, *Fat Kids* is not a dieting or weight loss how-to; it instead explores the true human experiences and often untold science outside the current political positioning on children and weight. This book powerfully combines interviews, relevant research, social anecdotes, personal author accounts, and the reality of children struggling with weight to create a narrative that is profoundly poignant, accessible, and essential for understanding our current war on fat. *Fat Kids* is a truly unique work; all other books focusing on children and weight are solely focused only on diet and weight loss. This book, with its empathetic point of view, raw emotion, and solid information, is a necessary voice in the literary scene. Care for Major Health Problems and Population Health Concerns Jennie Jacobs Kronenfeld, 2008-10-21 Deals with macro-level system issues and micro-level issues involving provision of health care as related to major health problems. This work examines social demographic and structural problems and a variety of health problems including chronic illnesses, mental illness, serious acute health problems, and disabilities that require health care. **Fighting Fat** Wendy Mitchinson, 2018-10-11 While the statistics for obesity have been alarming in the twenty-first century, concern about fatness has a history. In *Fighting Fat*, Wendy Mitchinson discusses the history of obesity and fatness from 1920 to 1980 in Canada. Through the context of body medicine, weight measurement, food studies, fat studies, and the identity of those who were fat, Mitchinson examines the attitudes and practices of medical practitioners, nutritionists, educators, and those who see themselves as fat. *Fighting Fat* analyzes a number of sources to expose our culture's obsession with body image. Mitchinson looks at medical journals, both their articles and the advertisements for drugs for obesity, as well as magazine articles and advertisements, including popular before-and-after weight loss stories. Promotional advertisements reveal how the media encourages negative attitudes towards body fat. The book also includes over 30 interviews with Canadians who defined themselves as fat, highlighting the emotional toll caused by the stigmatizing of fatness. **Food and Drink in American History** Andrew F. Smith, 2013-10-28 This three-volume encyclopedia on the history of American food and beverages serves as an ideal companion resource for social studies and American history courses, covering topics ranging from early American Indian foods to mandatory nutrition information at fast-food restaurants. The expression "you are what you eat" certainly applies to Americans not just in terms of our physical health but also in the myriad ways that our taste preferences, eating habits, and food culture are intrinsically tied to our society and history. This standout reference work comprises two volumes containing more than 600 alphabetically arranged historical entries on American foods and beverages, as well as dozens of historical recipes for traditional American foods, and a third volume of more than 120 primary source documents. Never before has there been a reference work that coalesces this

diverse range of information into a single set The entries in this set provide information that will transform any American history research project into an engaging learning experience Examples include explanations of how tuna fish became a staple food product for Americans how the canning industry emerged from the Civil War the difference between Americans and people of other countries in terms of what percentage of their income is spent on food and beverages and how taxation on beverages like tea rum and whisky set off important political rebellions in U S history

Consuming the Body Dawn Woolley, 2022-09-08 Consuming the Body examines contemporary consumerism and the commodified construction of ideal gendered bodies paying particular attention to the new forms of interaction produced by social networking sites Describing the behaviours of an ideal neoliberal subject Woolley identifies modes of discipline forms of pleasure and opportunities for subversion in an examination of how individuals are addressed and the ways in which they are expected to respond Key modes of address that compel the consumer to consume are sadistic commands communicated in adverts TV programmes and magazine articles a fetishistic gaze that dissects the body into parts to be improved through commodification and a hystericized insistent presence that compels the consumer to present their body for critique and appreciation that is exemplified in the selfie Woolley interprets the visual characteristics of different types of selfies including fitspiration thinspiration fatspiration and bodypositivity to understand how they relate to current body ideals Healthism and culture bound illnesses such as hysteria and eating disorders are examined to demonstrate the impact of commodified body ideals on consumers bodies An analysis of thinspiration images photographs of emaciated bodies shared on pro eating disorder blogs and websites suggests that the anorexic body represents the logical and fatal end point for the idealised body in consumer culture Fat acceptance selfies suggest there is a fourth mode of address empowering presence that has the potential to liberate consumers from the trap of visibleness produced by the other three modes of address In conclusion the book identifies some creative methods for producing selfies that evade commoditisation and discipline

Corpus M. Casper, P. Currah, 2011-06-20 Corpus begins with the argument that traditional disciplines are unable to fully apprehend the body and embodiment and that critical study of these topics urgently demands interdisciplinary approaches The collection s 14 previously unpublished essays grapple with the place of bodies in a range of twenty first century knowledge practices including trauma surveillance aging fat food feminist technoscience death disability biopolitics and race among others The book s projected audience includes teachers and scholars of bodies and embodiment interdisciplinary scholars and practitioners and scholars interested in the any of the substantive content covered in the book The collection could be adopted in courses on the body at advanced undergraduate and graduate levels including cultural studies queer gender and sexuality studies body and power biopolitics intersectional approaches to the body anthropology of the body sociology of the body embodiment and space digital bodies anthropology of knowledge production health illness and medicine studies science knowledge and technology studies and philosophy and social theory

Thrive at Any Weight Nancy Ellis-Ordway, 2019-10-07

A psychotherapist of 30 years Nancy Ellis Ordway explains how she helps people get off the weight loss roller coaster make peace with food and their bodies and improve their health to find happiness and a better quality of life Widespread publicity about the war on obesity has led to pervasive anxiety distress and shame about eating says psychotherapist Nancy Ellis Ordway Many people feel at war with their bodies rather than at home in large part because of weight stigma and the unrelenting pursuit of thinness in America This book offers a detailed approach for change with a particular focus on the message we give ourselves when we eat exercise and interact with other people This process incorporates operating from an internal locus of control as a way to improve self esteem Elllis Ordway in contrast to the diet mentality that is full of restrictions first has clients focus on building self esteem and growing a desire for self care She teaches clients to develop an ability to listen to their own bodies for guidance to eat for physical and mental health The better we listen to and fulfill our body s needs she explains the better our self esteem and health becomes and the more we believe we are worth it and are able to meet our objectives

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