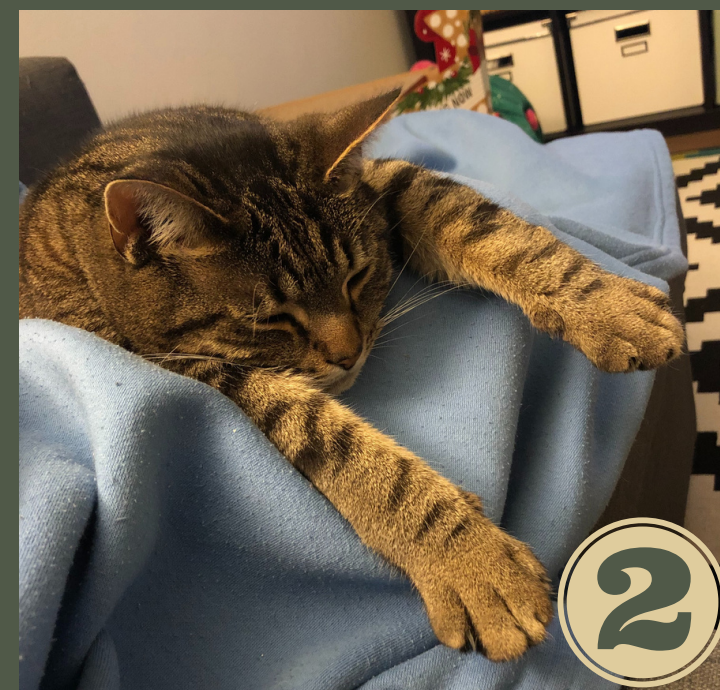




Welcome!



Check-in: Which cat are you?



Clinical Considerations



Intersections of Disordered Eating,
Fatphobia, and Sexual Violence

Clinical Considerations



Alicia Hirt, LCSW
aliciahirt@gmail.com

Practice Q

What is one thing you love!

(person, animal, activity, object, food, place, event, etc)

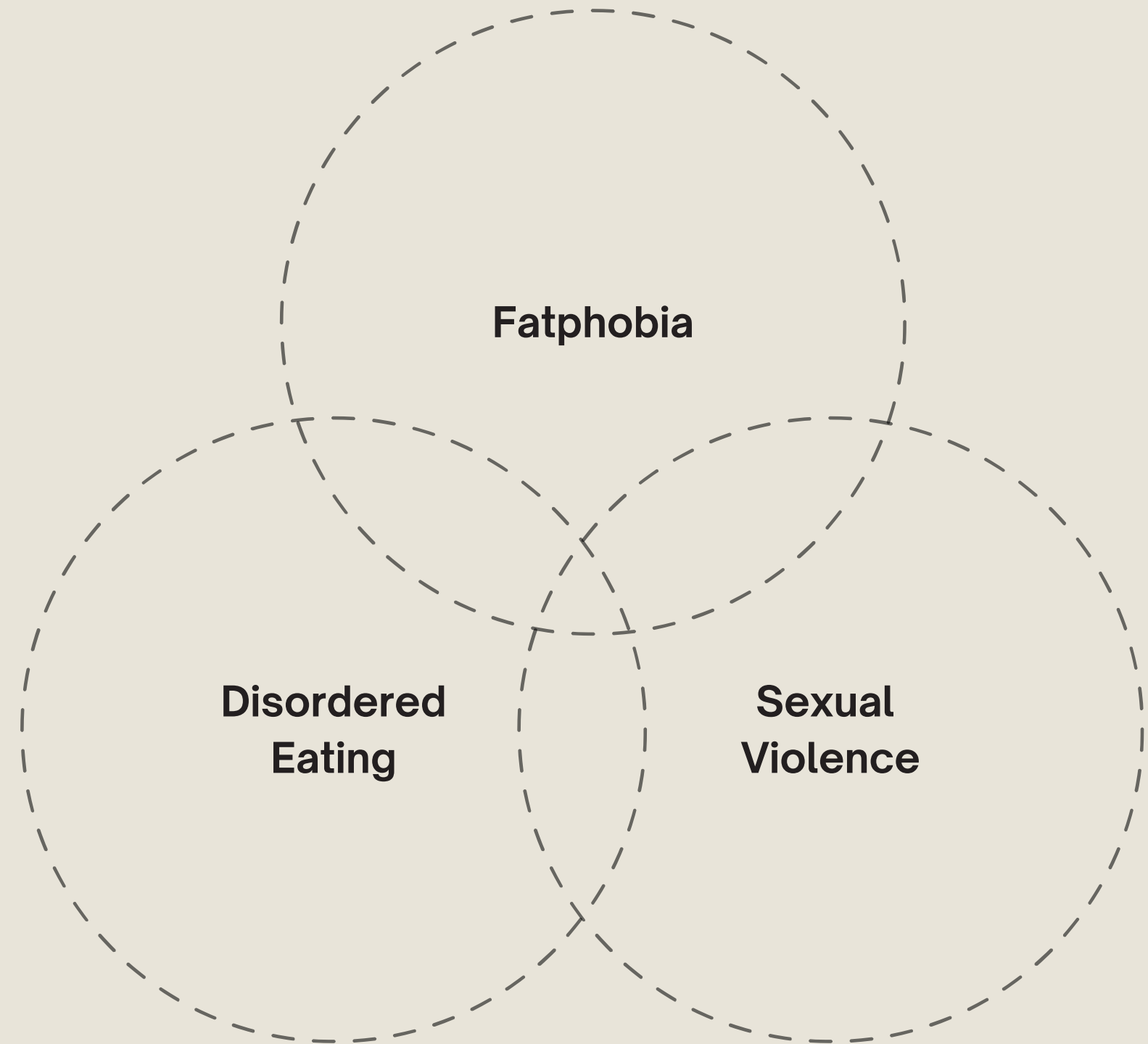
www.menti.com
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OR
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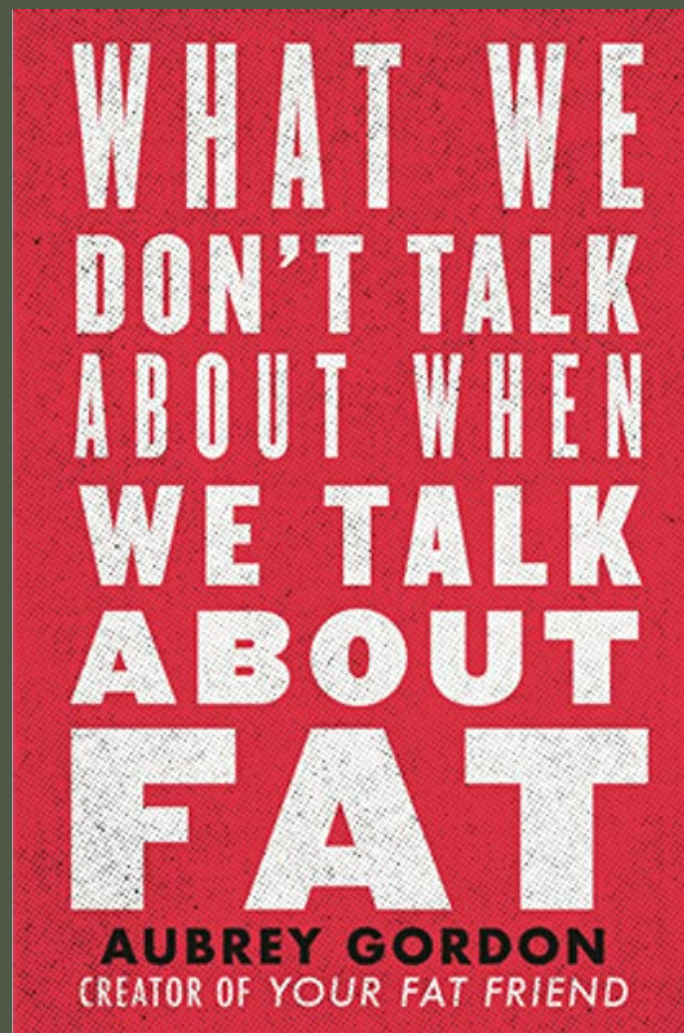
Intersections



From the Headlines

Canada judge says sexual assault victim may have been 'flattered' by the incident

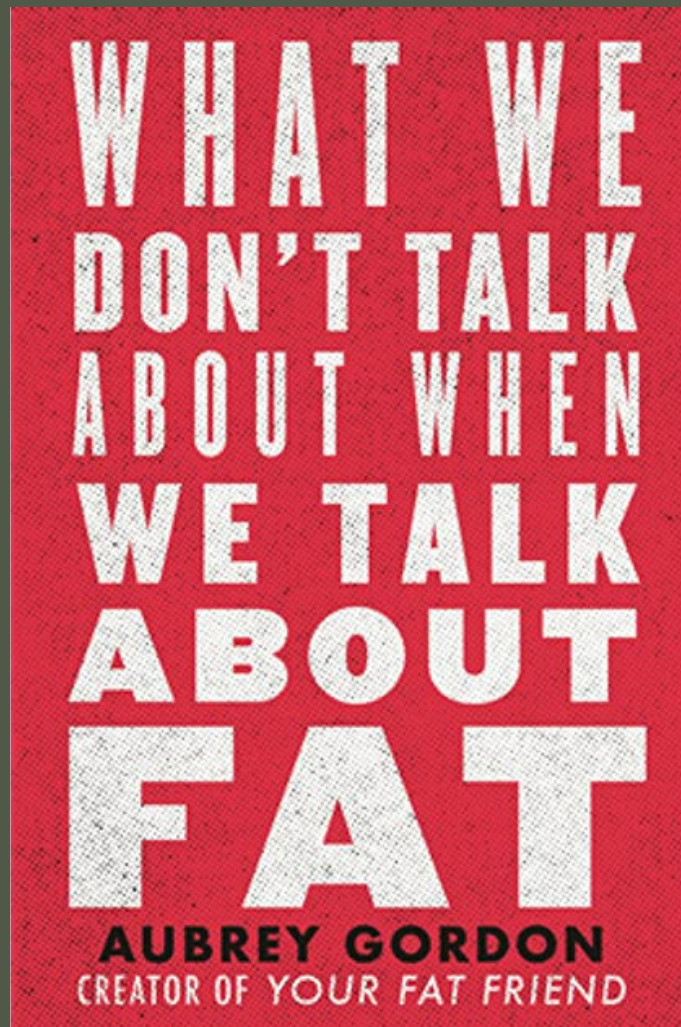
A judge in the Canadian province of **Quebec** has come under fire after remarking in court that a 17-year-old who said she was sexual assaulted was a “little overweight but has a pretty face” and that she may have been a “bit flattered” by the attention.



People Are Body-Shaming the Woman Accusing Usher of Giving Her Herpes

This week, 21-year-old Quantasia Sharpton announced she was **suing the singer** for **not revealing** his herpes diagnosis prior to their alleged sexual encounter in 2015. Now, the Internet is focusing not on her words but on her size.

From the Headlines

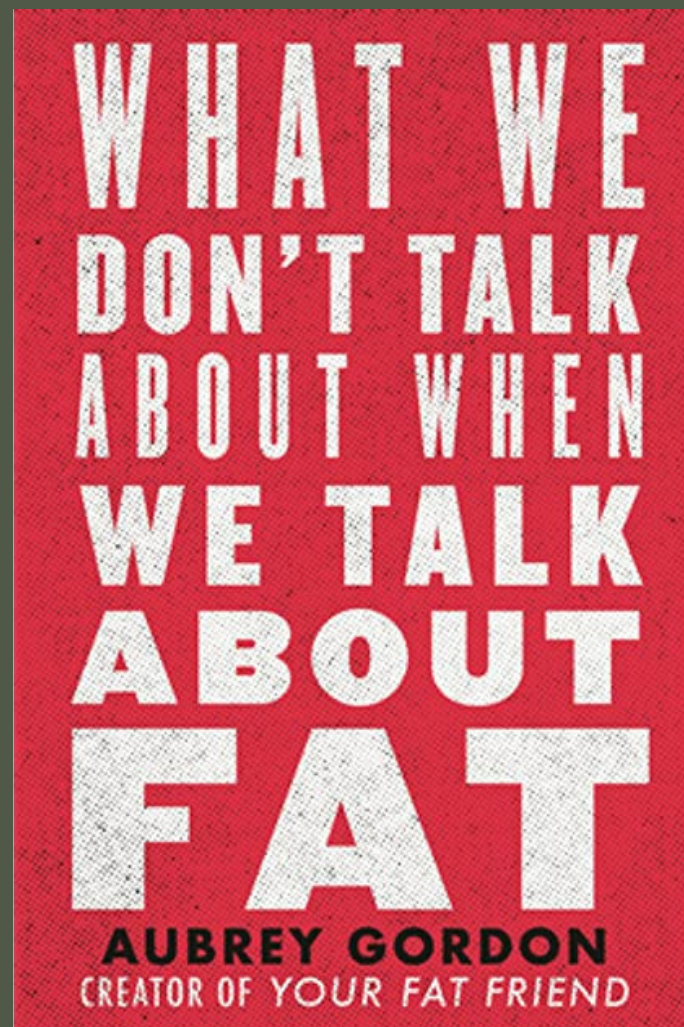


Together, these survivors reawakened a movement created by activist Tarana Burke some ten years earlier. The Me Too movement showed the chilling prevalence of sexual assault and harassment, especially among women. The movement has led to a sea change in cultural tolerance for sexual violence and misconduct. For once, institutions have begun to publicly decry the behavior of the men who make remarks, who expose themselves, who consolidate and abuse their power, who demand our bodies.

The people coming forward -mostly women- are young and old, rich and poor, famous and unknown. And overwhelmingly, they're thin. But 67% of American women are plus size. So, where are they?

There's a common misconception that fat bodies cannot be desired. This could not be further from the truth. Fat people date, marry, hook up, get lonely, and get laid just like anyone else. Yet still, we are regularly depicted on screens and pages, by media and loved ones, as undesirable and undesired.

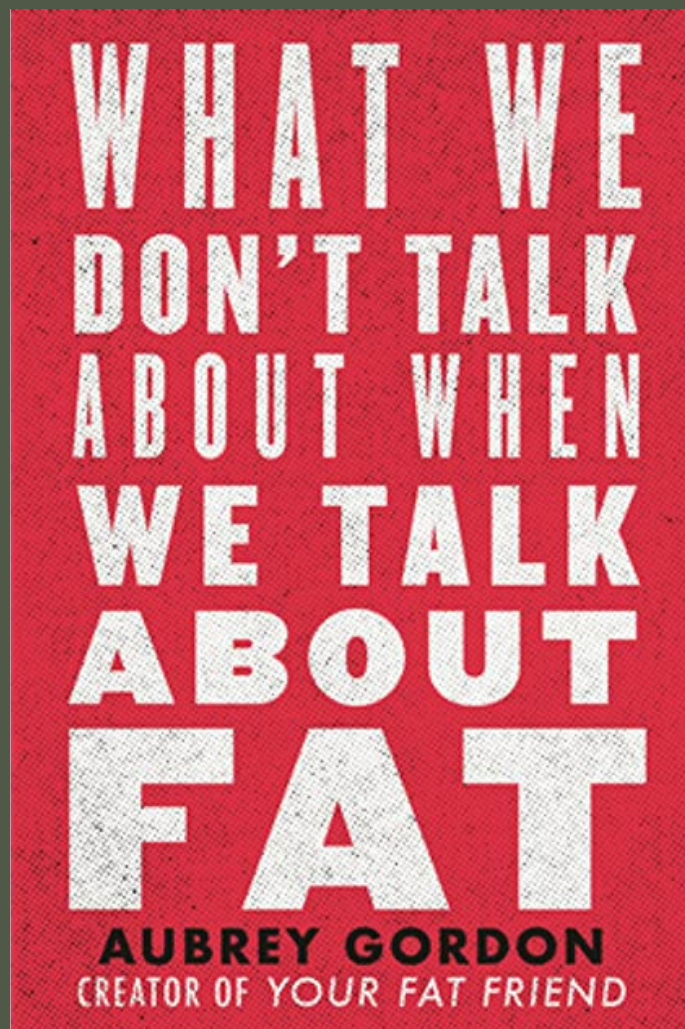
From the Headlines



Those depictions both rely on and reify long-standing beliefs that fat people are isolated, unloved, desperate, voracious. So, when we are harassed, catcalled, and assaulted, those moments are supercharged with entitlement and violence. *This was supposed to be easy. You were supposed to want me more than I want you.* And when we don't, they lash out.

It took me years to disclose my own experiences. Because, like any woman, I knew that stepping forward would mean standard denials, scrutiny, dismissals. But for all our talk about sexual assault being an act of power, not desire, as a fat woman I knew that those statements always came with caveats, asterisks, footnotes. I knew that my body was reliably withheld an obvious exception to the rule. After all, we'd be grateful for whatever we got. Who would want to rape us?

From the Headlines



This desirability myth - the deep-seated, ubiquitous cultural belief that fat people are categorically undesirable - means that our assault and harassment is unthinkable to most. But fat people experience sexual violence, and some are even targeted because of the likelihood we won't speak out. And *who would want to rape you?* is more than an anecdotal experience or a cultural meme. Academics at Brigham Young University found that fat survivors of rape were dramatically less likely to be believed than thinner victims. In *Tipping the Scales of Justice: Fighting Weight-Based Discrimination*, Sondra Solovay tells the story of one fat woman who was harassed by a physician after surviving rape and another who sought a pregnancy test. "My doctor said I couldn't get pregnant, I was fat, who would want to make me pregnant? She was pregnant." The desirability myth ensures that fat survivors will stay silent - and if they don't, they still won't be believed.

Language & Definitions

Stigmatizing Language

"overweight" & "obese/obesity"

Alternatives

- fat (If a person identifies with this)
- person in a larger body
- higher-weight people/bodies (i.e. when discussing population concerns)



Eating Disorders

What do you think of when you hear this term?

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OR
scan QR code



Language & Definitions



Eating Disorders

"illnesses that are associated with severe disturbances in people's eating behaviors and related thoughts and emotions. Preoccupation with food, body weight, and shape may also signal an eating disorder" (NIMH)

Disordered Eating

an umbrella term that covers many "irregular eating behaviors" that might not fit narrow criteria of specific eating disorder diagnoses; common symptoms include:

- Frequent dieting, anxiety associated with specific foods or meal skipping
- Chronic weight fluctuations
- Rigid rituals and routines surrounding food and exercise
- Feelings of guilt and shame associated with eating
- Preoccupation with food, weight and body image that negatively impacts quality of life
- A feeling of loss of control around food, including compulsive eating habits
- Using exercise, food restriction, or purging to "make up for bad foods" consumed

(Academy of Nutrition & Dietetics)

Warning Signs

Emotional/Behavioral

- Weight loss, dieting, and control of food are primary concerns
- Preoccupation with weight, food, calories, carbohydrates, fat grams, and dieting
- Food rituals
- Social withdrawal
- Frequent dieting, body checking
- Extreme mood swings

Physical

- Noticeable weight fluctuations (-/+)
- Gastrointestinal complaints
- Dizziness upon standing
- Difficulty concentrating, sleeping
- Issues with dental, skin, hair, and nail health
- Feeling cold all the time
- Impaired immune functioning
- Abnormal laboratory findings (anemia, low thyroid and hormone levels)



Large Scale Implications



"Personal Responsibility"

Pattern of making a systemic issue into an interpersonal/individual issue



"Wellness" & "Self-Care" Culture

Professional/clinical advice on wellness or self-care often includes focus on diet and exercise



Fatphobic Society

Many people have a poor relationship with food and their bodies



Small Scale Implications



Control

Attempts to regain sense of control in life/ with body



Coping skills

Consciously or subconsciously using food to cope with trauma



Disconnection

Survivors might develop negative feelings towards themselves and their bodies (site of harm)

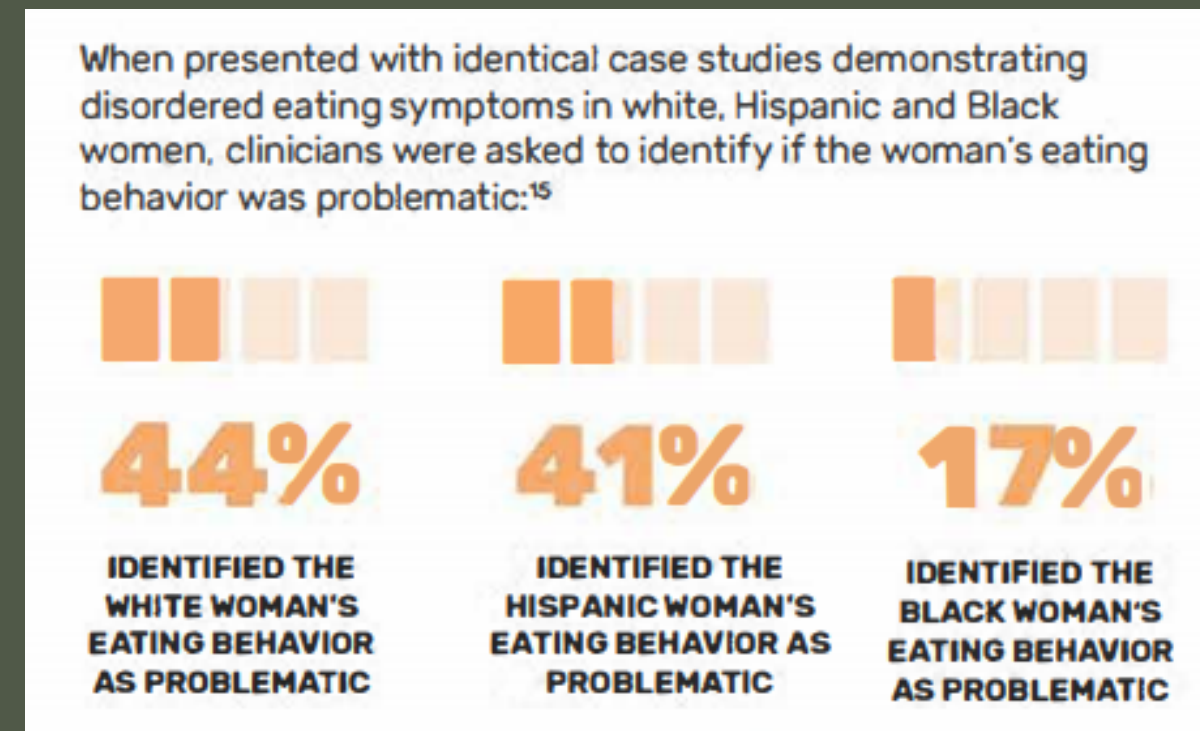
NOTE:

People using food to cope should NOT (EVER) be demonized



Eating Disorders

- “the vast majority of women and men with anorexia nervosa (AN), bulimia nervosa (BN), and binge eating disorder (BED) reported a *history of interpersonal trauma*” (Mitchell et al. 2012)
- "Those who dieted moderately were **5x** more likely to develop an eating disorder, and those who practiced extreme restriction were **18x** more likely to develop an eating disorder than those who did not diet" (Golden et al. 2016)
- Research and statistics on EDs are heavily focused on thin, white cis-women
 - People in oppressed identity groups (i.e. race, gender, size, sexuality, etc.) are less likely to receive support/treatment for EDs (NEDA)



In Session

Clinical examples



Agatha, 32, white bi cis-woman

talks frequently about body, history of eating disorder behaviors as teen, on and off dieting and exercise, weight cycling

"I want to be able to walk up three flights of stairs without getting winded"



Karli, 9, bi-racial/Latina cis-girl

hides food in bedroom (mom finds wrappers while cleaning), concerns about weight and exercise (reinforced with mom), issues with constipation and bowel movements

"I have to watch what I eat"



Jesus, 12, Latino cis-boy

family told by medical provider to be concerned about weight, preoccupation with weight and exercise, monitoring food intake

"I exercised X amount of hours this week"

Population–Specific Considerations

RACE

- Black and brown folks - "slim thick," "skinny-curvy" body ideal
- Amongst teens, Black teens were 50% more likely than white teens to exhibit bulimic behaviors, and Hispanic teens were significantly more likely to experience BN compared to non-Hispanic peers (NEDA)

SIZE

- Fat folks - disordered eating/ EDs far less likely to be recognized
- Among adults in larger bodies, those experiencing weight-based stigma are at greater risk of ED symptoms (NEDA)*

GENDER & SEXUALITY

- Gay men - muscular/toned physique
- 15% of gay & bi men experienced full or subclinical eating disorders (compared to 5% of heterosexual men) (NEDA)
- Transgender folks experience eating disorders at significantly higher rates than cisgender folks (NEDA)

IMMIGRATION

- Central American & Mexican Immigrants who experienced a lack of food during immigration, now struggling with binge-eating disorders (NPR Code Switch, *Pretty Hurts*, 2019)

Questions in Session



- What was your relationship with food growing up?
 - access to food, scarcity
 - family and cultural messages like "finish everything on your plate"
- How would you describe your relationship with your body?
 - How often do you find yourself "body checking?"
- How much time/space does food/health/weight loss take up in your life?
- What are your hunger cues?
- How do you prioritize yourself, care for yourself?



Resources

- Kassam, A. (2017, Oct 27). *Canada judge says sexual assault victim may have been 'flattered' by the incident.* The Guardian
- Herman, L. (2017, Aug 9). *People are Body-Shaming the Woman Accusing Usher of Giving Her Herpes.* Allure.
- Gordon, A. (2020). *What We Don't Talk About When We Talk About Fat*
- National Institute of Mental Health. (2016, Feb). *Eating Disorders: Overview*
- Academy of Nutrition & Dietetics. (2018, Oct). *What Is Disordered Eating?*
- National Eating Disorders Association. *Warning Signs and Symptoms*
- Mitchell, K. S., Mazzeo, S. E., Schlesinger, M. R., Brewerton, T. D., & Smith, B. N. (2012). *Comorbidity of partial and subthreshold ptsd among men and women with eating disorders in the national comorbidity survey-replication study. The International journal of eating disorders, 45(3), 307–315. <https://doi.org/10.1002/eat.20965>*
- Golden, N. H., Schneider, M., & Wood, C. (2016). Preventing Obesity and Eating Disorders in Adolescents. *Pediatrics, 138(3).* doi:10.1542/peds.2016-1649
- National Eating Disorders Association. *People of Color and Eating Disorders*

Resources

- National Eating Disorders Association. *People of Color and Eating Disorders*
- National Eating Disorders Association. *Statistics and Research on Eating Disorders: Bullying/Weight Shaming*
- National Eating Disorders Association. *Statistics and Research on Eating Disorders: LGBTQ+ Community*
- Demby, G. & Meraji, S.M. (Hosts). (2019, Jan 30). Pretty Hurts [Audio Podcast Episode]. In *Code Switch*. NPR

Photos

- Slide 1 Photo by Michael Poley for *AllGo - An App For Plus Size People*
- Slide 9 Photo by Michael Poley for *AllGo - An App For Plus Size People*
- Slide 18 Photo by Zackary Drucker for *The Gender Spectrum Collection*

Resources

Books:

- Anti-Diet
- Fearing the Black Body: The Racial Origins of Fat Phobia
- Fat Girls in Black Bodies
- The Body Is Not an Apology

Instagram accounts:

- @black.nutritionist (**Dr. Kera Nyemb-Diop**, Nutritionist)
- @blackandembodied (**Alishia McCullough**, NCC, LCMHCA)
- @nalgonapositivitypride (**Gloria Lucas**, Xicana Body-Positive Advocate)

Podcasts:

- Food Psych
- Maintenance Phase - *Eating Disorders*, March 30, 2021

Resources



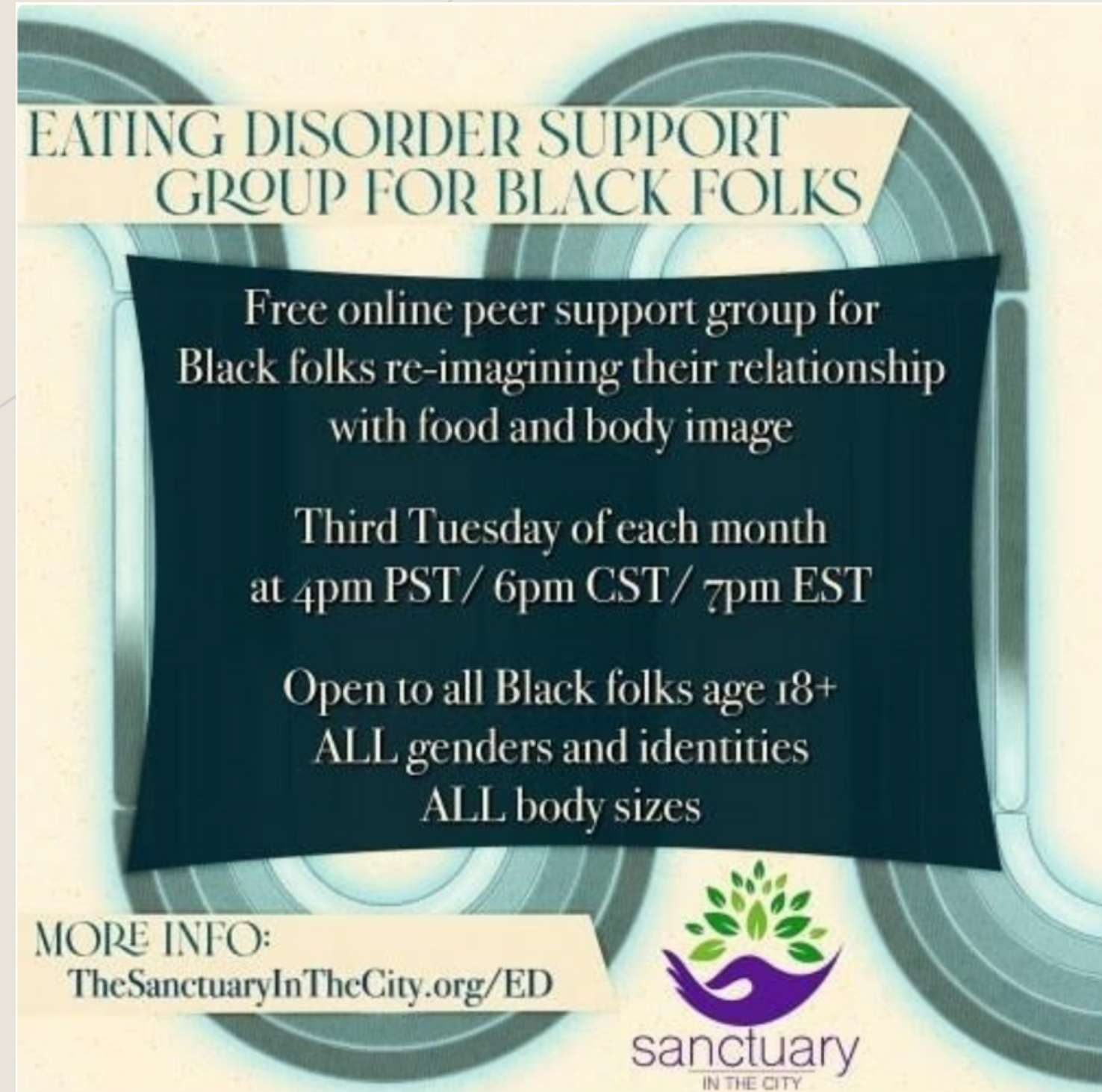
Sage and Spoon

Free Online Peer Support
Group for BIPOC Struggling
With Their Relationship With
Food & Body Image

*open to BIPOC folks 18+ of all
sizes, gender identities &
expressions*

Held every last
Wednesday of the
month at 5pm PST/8pm
EST

nalgona positivitypride.com




**EATING DISORDER SUPPORT
GROUP FOR BLACK FOLKS**

Free online peer support group for
Black folks re-imagining their relationship
with food and body image

Third Tuesday of each month
at 4pm PST/ 6pm CST/ 7pm EST

Open to all Black folks age 18+
ALL genders and identities
ALL body sizes

MORE INFO:
TheSanctuaryInTheCity.org/ED



sanctuary
IN THE CITY

Thank you!



 [Jonathan Soren for Disabled and Here](#)