Selected references on the emotional and physical health consequences of weight bias

The following list of references provides a selection of peer-reviewed articles that address the emotional and physical health consequences of weight bias in youth and adults. These consequences include low self-esteem, body dissatisfaction, suicidal behaviors, unhealthy weight control practices, binge-eating, avoidance of physical activity, and high blood pressure. If you would like to view more research on this topic, please visit the website of the Yale Rudd Center, at http://www.yaleruddcenter.org/default.aspx?id=196.

Bauer KW, Yang YW, & Austin SB. “How can we stay healthy when you’re throwing all of this in front of us?” Findings from focus groups and interviews in middle schools on environmental influences on nutrition and physical activity. Health Education & Behavior. 2004; 31: 34-46.


