

## 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>.

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