

# international weight bias summit 2024

full summary end-of-grant report



**The International Weight Bias Summit 2024 was made possible  
through support from:**



Social Sciences and Humanities  
Research Council of Canada

Conseil de recherches en  
sciences humaines du Canada

**Canada**



**SCHOOL OF HEALTH**



Concordia University is located on unceded Indigenous lands. The Kanien'kehá:ka Nation is recognized as the custodians of the lands Tiohtiá:ke commonly known as Montreal, historically known as a gathering place for many First Nations. Today, it is home to a diverse population of Indigenous and other peoples.

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## Citing this Report

Suggested citation:

Forouhar, V., Côté, M., Sacco, S., Waters, A., Bazarsuren, S., González-González, M., Baillot, A., Himmelstein, M., Hussey, B., Incollingo Rodriguez, A.C., Nagpal, T.S., Nutter, S., Patton, I., Puhl, R.M., Ramos Salas, X., Russell-Mayhew, S. and Alberga, A.S. The 2024 International Weight Bias Summit: Full Summary End-of-Grant Report, Montreal, Quebec, Canada, 24-25 October 2024. Montreal: Concordia University; 2025. Available from Bias180 website: [bias-180.com/posts/weight-bias-summit](https://bias-180.com/posts/weight-bias-summit). Accessed [date].

[Details](#)



# 1. Declarations

## 1.1 Acknowledgements

We gratefully acknowledge the International Weight Bias Summit Planning Committee composed of 17 members representing 12 different organizations for their time and dedication to planning the 2024 International Weight Bias Summit as well as disseminating the results of the Summit:

- [Angela Alberga](#), PhD, Concordia University (Co-Chair)
- [Marilou Côté](#), PhD, Université Laval (Co-Chair)
- [Aurélie Baillot](#), PhD, Université de Québec en Outaouais
- [Saruul Bazarsuren](#), BA Student, Concordia University
- [Vida Forouhar](#), MSc, Concordia University
- [Mary Himmelstein](#), PhD, Kent State University
- [Brad Hussey](#), BA, Bias180
- [Angela Incollingo-Rodriguez](#), PhD, Worcester Polytechnic Institute
- [Hiba Jebeile](#), PhD, University of Sydney
- [Taniya Nagpal](#), PhD, University of Alberta
- [Sarah Nutter](#), PhD, University of Victoria
- [Ian Patton](#), PhD, Obesity Canada
- [Rebecca Puhl](#), PhD, University of Connecticut
- [Ximena Ramos Salas](#), PhD, Bias180
- [Shelly Russell-Mayhew](#), PhD, University of Calgary
- [Sabrina Sacco](#), BA, PhD Candidate, Concordia University
- [Adelaide Waters](#), BSc, Concordia University

We are also very grateful to [Ms. Manuela González-González](#) (PhD student, Concordia University) and [Dr. Biagina-Carla Farnesi](#) (Research Coordinator, Montreal Children's Hospital), who helped with developing the Nominal Group Technique questions (MGG and BCF), training student notetakers (MGG), and analyzing and summarizing Summit discussion notes in person (MGG and BCF).

## 1.2 Authors' Contributions on this Report

[Ms. Vida Forouhar](#) wrote the first draft of this report with guidance from Co-Chairs [Dr. Angela Alberga](#), [Dr. Marilou Côté](#) and [Ms. Sabrina Sacco](#). We gratefully acknowledge the work of [Mr. Brad Hussey](#) (from [Bias180](#)), who designed and created the templates for all Summit-related documents, media advertisements, and organized the formatting for this report. All Planning Committee members as well as all Summit invitees read and approved this final report before it was published online as a publicly accessible document on the [Bias180](#) website.

## 1.3 Funding

The 2024 International Weight Bias Summit was supported by the Government of Canada through a [Social Sciences and Humanities Research Council \(SSHRC\)](#) Connections Grant, [Concordia University](#) (Montreal, Canada), The [European Association on the Study of Obesity](#), The [Obesity Society](#), [Obesity Canada](#), The [Cardiometabolic Diabetes and Obesity Research Network \(CMDO\)](#), [Université Laval](#), The [Centre Nutrition, santé et société \(NUTRISS\)](#) and [L'Institut sur la nutrition et les aliments fonctionnels \(INAF\)](#).

## 2. Participants and Setting

### 2.1 Invited Guests

Our funding covered all food and accommodation costs, as well as networking dinners associated with attending the Summit in Montreal for all our invited guests ( $n=33$ ). Due to budgetary constraints, we requested that all other costs associated with participation in this Summit (transportation/travel costs) be covered by their respective organization. Invitations were sent from May 2024 until August 2024. There were 33 invited guests with professional roles primarily as researchers ( $n=21$ ), representatives of professional organizations with interests in weight bias and stigma ( $n=8$ ), clinicians ( $n=2$ ), and individuals with lived experiences of obesity and/or weight bias ( $n=2$ ). Participants had diverse backgrounds and several individuals held overlapping roles and perspectives. Attendees came from Canada ( $n=13$ ), the United States ( $n=11$ ), Australia ( $n=2$ ), Sweden ( $n=2$ ), Iceland ( $n=2$ ), the United Kingdom ( $n=1$ ), Mexico ( $n=1$ ), and France ( $n=1$ ). Some invited guests were unable to attend the Summit in person in Montreal and therefore shared their lived experiences virtually from France ( $n=1$ ) and shared their current research projects virtually from Chile ( $n=1$ ), Spain ( $n=1$ ), Taiwan ( $n=1$ ), Canada ( $n=1$ ), and the United States ( $n=1$ ).

### 2.2 Volunteers and Research Staff

A total of 15 volunteers and research staff were involved. Undergraduate ( $n=8$ ) and graduate students ( $n=4$ ) as well as research staff ( $n=3$ ) under the supervision of Dr. Alberga from the Departments of Health, Kinesiology, and Applied Physiology and the Department of Psychology at Concordia University, as well as from the Department of Psychology at McGill University, volunteered to take notes and help with logistics.

### 2.3 Setting

The International Weight Bias Summit took place on October 24th and 25th, 2024, at the SHIFT Center for Social Transformation and the 4th Space event rooms at Concordia University in Montreal, Quebec, Canada.





### 3. Summit Objectives and Research Description

#### 3.1 Objectives of the International Weight Bias Summit

The objective of the Summit was to gather experts in the field of weight bias (researchers, clinicians, representatives of professional organizations with interests in weight bias and stigma, and public representatives with lived experiences of obesity and/or weight bias) to share the newest advances in weight bias research from around the world, discuss the current gaps in the literature, highlight future research directions in the field, and to foster networking opportunities with aims of setting the foundation for an International Weight Bias Network for long-lasting global research collaborations between people interested in and affected by weight bias, stigma and discrimination.

#### 3.2 Research

By participating in the Summit, all guests (n=33) were invited to participate in research to identify future research directions in the field of weight bias. All participants who volunteered to take part in this study provided informed consent electronically prior to participation, clarifying that no identifying information would be released, and only the research team would have access to the written notes based on the discussions during the Summit itself. Participants were further informed that all Summit discussions would be summarized and only a general summary (with no identifiable quotes) would be featured in this written report as well as any presentations or publications. Lastly, participants were informed that they had the choice to ask the notetakers not to include any specific comments in the written notes. The decision to not record and share direct quotes was twofold: 1) to remain aligned with the Nominal Group Technique methodology by capturing general shared ideas rather than a verbatim transcript, and 2) to protect the confidentiality of participants, given that the Summit involved a relatively small group of participants which included well-known researchers in the field and individuals with lived experiences.

After providing consent, participants were directed to an online survey in which they were asked to complete questions on socio-demographic information, as well as questions about their background and perspectives. They were then instructed to answer an open-ended question on the top three research advances that they deemed to be a priority in the future of weight bias research. Afterwards, participants were instructed to read and sign an intellectual property agreement statement, indicating their agreement to the notion that all information shared during group discussions would be considered shared intellectual property, and to not reproduce, distribute or use any intellectual property shared during Summit discussions unless explicitly given the permission to do so. The survey informed the discussions that took place during the Summit, with the ultimate goal of reaching consensus on research directions to advance the future of weight bias research. This study was approved by the Concordia University Research Ethics Committee (certificate #: 30020473).





## 4. Overview of the 2-Day Summit

Both Summit days consisted of multiple activities ranging from presentations to facilitated group discussions with pre-determined questions. The program descriptions for Day 1 and Day 2 are described below; a summary of group discussions for each question from both days can be found below (see section 5). Please see the Weight Bias Summit Event Program (Appendix, page 7) for more details on the schedule, presentations, invited speakers, and participants' biographies.

### 4.1 Day 1: October 24, 2024

**Description:** The Summit began with opening remarks from the Summit Co-Chairs, who then introduced the Lived Experiences Panel discussion during which four in-person attendees (from Canada, Iceland, and Mexico) and one online-attendee (from France) shared their lived experiences of weight stigma and discrimination with all participants. Afterwards, all 33 participants who attended in person presented a short Pecha Kucha-style presentation as a 'Research Showcase' (2-3 minutes) of their own current weight bias research activities across the globe. We also shared pre-recorded videos of Research Showcase presentations from an additional 5 individuals who could not attend the Summit in person.

One of Dr. Alberga's research staff members (VF) then shared the summary of results from the pre-Summit survey regarding attendees' perceived priorities for the future of weight bias research. Altogether, this information provided the background knowledge and basis for the facilitated discussions that took place hereafter. See Table 1 that displays the results from the Pre-Summit Survey in our published manuscript (Côté *et al.* Results of the 2024 International Weight Bias Summit: Establishing Future Research Directions in the Field. *International Journal of Obesity* (accepted, in press).

Participants engaged in two discussion sessions by breaking out into seven predetermined groups (five tables of five, and two tables of four), ensuring diversity in voices, expertise, and experiences in each group.





Each table included one trained student notetaker, instructed to take notes on the conversations in a shared Google document. One other lead student notetaker (Manuela González-González, PhD student) was instructed to simultaneously monitor the notes from all tables in real time, to identify patterns discussed across all groups. In the first session, participants had one hour and a half to discuss two questions, one question at a time, for 45 minutes each. The questions are presented below:

**Discussion Session 1:** From the results that we shared in the survey, and from the results of the research showcases that were just presented:

a) *What are the knowledge gaps in weight bias- related research and why haven't they been a priority so far?*

b) *What are the most meaningful research directions to you in weight bias-related research and why?*

Each table's notetaker was simultaneously adding their notes on a shared Google document that the lead notetaker was reading in real time. The lead notetaker (MGG) was actively conducting a thematic analysis at the same time as the notes were being simultaneously collected at each table to synthesize the overarching recurrent patterns that were surfacing during the discussions. These patterns were then presented to all participants before they began their second round of discussions.



The following question was given to guide the second discussion session, for which participants had 45 minutes to discuss:

**Discussion Session 2:**

a.) *Which of these topics should be prioritized for the future of weight bias research and why?*

At the end of all discussions on Day 1, the same lead graduate student notetaker and research staff member (MGG and BCF) synthesized all discussions and narrowed down the larger ideas into ten preliminary overarching patterns of topics regarding future research directions in the field. This preliminary “on-the-spot” analysis was meant to inform participants what topics to discuss on Day 2.

The first day ended with a networking dinner to encourage and facilitate networking and brainstorming of collaborative research ideas between participants from different countries. During this networking dinner, participants were invited to complete a ranking survey to narrow down the 10 recurring patterns of topics from Day 1 discussions in order of importance (from one to ten: with lower scores indicating higher importance). Scores were then aggregated to organize the most important topics to better focus the discussion points for Day 2 (see Table 1 below).



**Table 1. Preliminary Survey Results of Recurrent Patterns of Topics Captured from Day 1\***

<b>Preliminary Recurrent Patterns of Topics</b>	<b>Ranking Score</b>	<b>Average Score</b>	<b>Ranking position</b>
Weight bias and public policy	119	3.72	1
Validating tools and standardizing measurements	144	4.50	2
Conceptual clarity in weight bias	146	4.56	3
Collaboration and international networking	155	4.84	4
Incorporating lived experiences into research	164	5.13	5
Knowledge translation and communication	168	5.25	6
Diversity in research	181	5.66	7
Funding and capacity building	220	6.88	8
Person-centered weight bias interventions	229	7.16	9
Long-term impacts and sustainability	234	7.31	10

\*Table 1 Note: These preliminary ranking survey results from Day 1 were only intended to guide which discussion points participants should focus on Day 2 of the Summit. They do not reflect the final themes we identified to inform future research directions in the field. A more in-depth and comprehensive thematic analysis of Day 1 discussions was conducted post-Summit by four research team members (MC, ASA, SS, VF) to identify clear directions for future research, and these final results are published as an original research manuscript in an international scientific peer-reviewed journal (Côté et al. Results of the 2024 International Weight Bias Summit: Establishing Future Research Directions in the Field. International Journal of Obesity (accepted, in press).

## **4.2 Day 2: October 25, 2024**

**Description:** The second day began with a hybrid webinar presentation entitled: “Ending Weight Stigma: Priorities for Action”, given by a Summit participant and keynote speaker, [Dr. Ximena Ramos Salas](#), on the current state of weight stigma, the evidence-based literature on weight bias reduction interventions, and the current initiatives that have been initiated by many working groups and organizations to reduce weight bias and stigma. This presentation was followed by a panel discussion broadcasted live at the Concordia University 4th Space center, chaired by an individual with lived experience ([Ms. Lisa Schaffer](#), Executive Director, Obesity Canada), and featuring three weight bias expert panelists and Summit participants: [Dr. Rebecca Puhl](#) from the University of Connecticut, [Dr. Stuart W. Flint](#) from Leeds University, and [Dr. Ximena Ramos Salas](#) from Bias180.

This recorded and live-broadcasted event was open to everyone, including people who did not attend the Summit, and was advertised on the Concordia Events’ webpage, as well as through all Summit planning committee members respective networks (online via social media, LinkedIn, organization newsletters, etc.). Individuals were invited to attend online through Zoom, as well as in person at the Concordia 4th Space event room or tune in through a YouTube Live link. A total of 461 participants registered for the event online and as of November 20, 2025, there have been 910 views of the webinar on YouTube. [Click here to view the webinar.](#)

After the panel discussion, the results from the ranking survey participants completed the night before were shared with in-person Summit participants (see Table 1 above), and the top six recurrent patterns of topics were presented to all participants to guide Day 2's discussions.

All participants took part in one final facilitated small-group discussion, with new table assignments ensuring that participants could discuss with new Summit participants. This last discussion session lasted approximately 45 minutes. Similar to Day 1, each table consisted of a student volunteer notetaker who was tasked with writing down notes of all conversations. Participants were instructed to discuss the following questions during this session:

### **Discussion Session 3:**

- a) *How can we advance these research priorities around the world?*
- b) *What are the pragmatic next steps to make this research happen in the context of weight bias-related research?*



## **5. Summary Of Discussions**

### **5.1 Day 1: Thursday October 24, 2024**

A more in-depth and comprehensive thematic analysis of Day 1 discussions was conducted post-Summit by four research team members (MC, ASA, SS, VF) to identify clear directions for future research. This resulted in 6 final research directions that participants identified as important to advance the field of weight bias research that was published as an original research manuscript in an international scientific peer-reviewed journal (Côté et al. Results of the 2024 International Weight Bias Summit: Establishing Future Research Directions in the Field. *International Journal of Obesity* (accepted, in press).

### **5.2 Day 2: Friday October 25, 2024**

Day 2 Discussion Session 3 questions 3a and 3b aimed to determine pragmatic next steps to advance the field of weight bias research. However, after reading over the notes taken from Day 2's discussions post-Summit, we realized that more time is needed to clearly identify concrete pragmatic next steps. Ideas have been proposed to organize the next International Summit to explore how we can translate these future research directions into pragmatic next steps to mobilize research into action in a global effort to create social change.

Below we have summarized ideas that emerged from Day 2 discussions that were not included in any further type of analysis but will be used as a guide to inform the next International Weight Bias Summit.



## 5.1 Day 1: Thursday October 24, 2024

A more in-depth and comprehensive thematic analysis of Day 1 discussions was conducted post-Summit by four research team members (MC, ASA, SS, VF) to identify clear directions for future research. This resulted in 6 final research directions that participants identified as important to advance the field of weight bias research that was published as an original research manuscript in an international scientific peer-reviewed journal (Côté et al. Results of the 2024 International Weight Bias Summit: Establishing Future Research Directions in the Field. *International Journal of Obesity* (accepted, in press).

## 5.2 Day 2: Friday October 25, 2024

Day 2 Discussion Session 3 questions 3a and 3b aimed to determine pragmatic next steps to advance the field of weight bias research. However, after reading over the notes taken from Day 2's discussions post-Summit, we realized that more time is needed to clearly identify concrete pragmatic next steps. Ideas have been proposed to organize the next International Summit to explore how we can translate these future research directions into pragmatic next steps to mobilize research into action in a global effort to create social change.

Below we have summarized ideas that emerged from Day 2 discussions that were not included in any further type of analysis but will be used as a guide to inform the next International Weight Bias Summit.

### 1. Weight Bias and Public Policies:

- Working collaboratively on organized efforts to advocate for weight bias reduction
- Reaching out to international organizations that can fund collaborative networks for engaging with policy makers across different countries
- Evaluating current policies and presenting this data to policy makers (to show impacts)
- Provide evidence-based policies of weight bias reduction to policy makers

### 2. Validating Tools and Standardizing Measures:

- Refining existing tools and/or developing new/updated tools based on the current measures
- Identifying an interest among all international researchers to develop measures together (acquire funding for this)
- Creating an international database for researchers to access for updates/ progress on measurement development and evaluation (ideally in multiple languages)
- Integrate measurement development into existing or future grant applications
- Creating more clinically meaningful and rigorous methods to assess weight bias-related concepts
- Translating weight bias-related measurement tools into languages other than English

### 3. Conceptual Clarity in Weight Bias:

- Understanding the historical definitions of stigma and bias and looking at how these can be translated/adapted across different paradigms of weight bias research
- Mapping out the differences in the definitions currently used and coming to an agreement on how to approach these definitions in the research language used
- Creating links between definitions and existing tools – what is being measured and how we can create robust definitions

#### 4. Collaboration and International Networking:

- Identifying and applying for networking grants for funding
- Creating a place to house this network (online) and disseminate at conferences to expand the network
- Identifying leaders in different countries who are ready to spearhead this type of organization
- Creating accessible hubs and communities with defined missions and objectives
- Creating a database for researchers to share resources with one another

#### 5. Incorporating Lived Experiences into Research:

- Including individuals with lived experiences in every step of the research plan (from design to knowledge translation)
- Establishing organizational groups to help engage more with community partners
- Creating training opportunities for community-based participatory action research
- Establishing long-term and fruitful relationships with community partners
- Collaborating with clinicians who can connect researchers to their patients who are willing to engage in research
- Creating a directory of individuals and/or organizations for researchers to contact when seeking partnerships with individuals with lived experiences

#### 6. Knowledge Translation:

- Getting in touch with university communications departments to develop effective knowledge translation outputs of weight bias research
- Connecting with implementation science experts to learn how to effectively translate research into pragmatic actions (applying the science)
- Collaborating with knowledge translation experts in research projects
- Training researchers and scholars on how to collaborate with others outside of their fields to advance our research and make our research more impactful
- Connecting with advocacy groups and Non-Governmental Organizations (NGOs) and providing them with the evidence that needs to be translated
- Providing more training for researchers on how to create policy briefs, write press reviews, media reports
- Linking with conceptual clarity – training researchers on translating weight bias research and talking about weight bias in a unified way (conceptual framework)







## 6. Knowledge Translation Outputs

Several knowledge translation efforts have been made to share the Summit outcomes with academic and lay audiences:

- A total of 461 participants registered for the Day 2 public webinar we hosted in person & online. The live-broadcasted public webinar hosted on Day 2 was recorded and later posted to Youtube and Spotify, with 910 views on YouTube (as of November 20, 2025). [Click here](#) to listen on Spotify, and [click here](#) for the YouTube video.
- The results of the pre-Summit survey, capturing participants' perceptions of the top three priorities in the field were presented in French by an undergraduate student at the 13th scientific conference in the School of Psychology at Université Laval, Quebec, Canada in May 2025: Côté, E.F., Forouhar, V., Alberga, A.S. & Côté, M. Résultats préliminaires du 2024 International Weight Bias Summit : Établir les priorités en recherche dans le domaine du stigma lié au poids.
- The Summit results from discussions on Day 1 were presented in English as part of a symposium session on weight stigma at the 42nd European Congress on Obesity, in Málaga, Spain on May 12th, 2025: Côté, M., Forouhar, V., Sacco, S., Baillot, A., Himmelstein, M., Hussey, B., Incollingo Rodriguez, A.C., Jebeile, H., Nagpal, T.S., Nutter, S., Patton, I., Puhl, R.M., Ramos Salas, X., Russell-Mayhew, S., Alberga, A.S. Results of the International Weight Bias Summit: Establishing Future Research Directions in the Field. *Obesity Facts* 2025;18(suppl 1):1–656, ES1.04, page 2. [Click here to access.](#)

- The Summit results from discussions on Day 1 were also presented in English as part of a symposium at the International Congress of Behavioural Medicine (ICBM) in Vienna, Austria in August 2025: Ramos Salas, X., Incollingo Rodriguez, A., Nagpal, T., Nutter, S. Weight stigma in women's health: Important considerations to advance health equity in behavioural medicine. Symposium at the International Congress of Behavioural Medicine 2025, Vienna, Austria. August 9, 2025; Symp. 16; 1:45pm-3:15pm.
- The Summit results from discussions on Day 1 were reported in English in a manuscript which was published in an international academic peer-reviewed journal: Côté, M., Forouhar, V., Sacco, S., Gonzalez-Gonzalez, M., Baillot, A., Himmelstein, M., Hussey, B., Incollingo Rodriguez, A.C., Nagpal, T., Nutter, S., Patton, I., Puhl, R.M., Ramos Salas, X., Russell-Mayhew, S. and Alberga, A.S. Results of the 2024 International Weight Bias Summit: Establishing Future Research Directions in the Field. *International Journal of Obesity* (accepted, in press).
- This report will be shared with all our sponsors in hopes of sharing this report as an open-access document available through their social media platforms, networks and websites.
- The Summit results have also been submitted for potential presentation at two other Canadian and International conferences taking place in 2026 (currently under review).

## 7. Next Steps

This was the first International Weight Bias Summit and marked the first step toward establishing an International Weight Bias Research Network, connecting researchers and experts in the fields of weight bias, weight stigma, and weight discrimination, from all over the world.

Ideas have been proposed to host bi-annual summits for this network, and to expand the outreach to members from underrepresented regions including Africa and Asia.

Alluding to the discussions in the Summit, creating this network of international experts will allow researchers to advance the future research directions identified and prioritized during this Summit in hopes of making meaningful inroads to reduce its pervasiveness and impacts worldwide.







# **international weight bias summit 2024**

## **appendix**

ORIGINAL PROGRAM

# international weight bias summit 2024



OCTOBER 24-25, 2024  
CONCORDIA UNIVERSITY  
MONTREAL, CANADA



ORIGINAL PROGRAM

The International Weight Bias Summit 2024 is made possible  
through support from:



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SCHOOL OF HEALTH



Concordia University is located on unceded Indigenous lands. The Kanien'kehá:ka Nation is recognized as the custodians of the lands Tiohtiá:ke commonly known as Montreal, historically known as a gathering place for many First Nations. Today, it is home to a diverse population of Indigenous and other peoples.



## The Future Starts Now: Welcome to the 2024 International Weight Bias Summit!

On behalf of the Planning Committee, we are pleased to welcome you to the 2024 International Weight Bias Summit at Concordia University in Montreal, Quebec, Canada!

The Summit brings together experts in the field of weight bias from all over the world, including researchers, clinicians, and individuals with lived experiences, to connect for two days to share research advances, network and identify new research priorities to make important inroads to reduce weight stigma around the world.

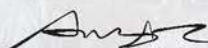
**The primary goal of this Summit is to establish future research priorities in the field of weight bias and stigma.** Thus, we designed this Summit to maximize interactions and foster discussions among all interested and affected parties to arrive at research priorities together. To encourage conversations and connections between researchers, clinicians, and individuals with lived experiences from around the globe, networking opportunities are integrated throughout the Summit. Additionally, a live broadcasted event titled “Ending Weight Stigma: Priorities for Action”, is scheduled for the second day of the Summit featuring Dr. Ximena Ramos Salas, Dr. Rebecca Puhl, and Dr. Stuart W. Flint, moderated by Ms. Lisa Schaffer. This is a free public event that is open to all and we encourage all of you to share broadly with your students, social media platforms and international networks.

[Click here to access the registration page.](#)

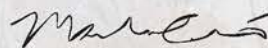
We strongly encourage all attendees to actively participate in the discussions throughout the Summit. This Summit is designed to be a collaborative space where diverse perspectives can converge. Your unique insights—whether as researchers, clinicians, or persons with lived experiences—are important to shape the future of weight stigma research. Together, we have the opportunity to break new ground, foster global partnerships, and create a meaningful impact in addressing and reducing weight bias, stigma and discrimination on a global scale.

We would like to express our deepest gratitude to the funding agencies, institutions, sponsors, and planning committee members whose invaluable support has made this Summit possible. A special thank you to our sponsors: the Social Sciences and Humanities Research Council of Canada, Concordia University, Concordia University School of Health, Bias180, The European Association for the Study of Obesity, The Obesity Society, Obesity Canada, the World Obesity Federation, Université Laval, the Centre NUTRISS, the Institut sur la nutrition et les aliments fonctionnels and the Research Network on cardiometabolic health, diabetes and obesity (CMDO). Your contributions and commitment to advancing research priorities in weight bias were vital to the planning and dissemination of this event and we thank you for your generous support.

We hope that the International Weight Bias Summit will propagate meaningful research and lay the foundation for future collaborations that will drive lasting change to reduce negative attitudes and behaviours towards people in large bodies and improve social and health equity among diverse populations around the world.



Angela Alberga, PhD, Concordia University  
(Co-Chair)



Marilou Côté, PhD, Université Laval  
(Co-Chair)



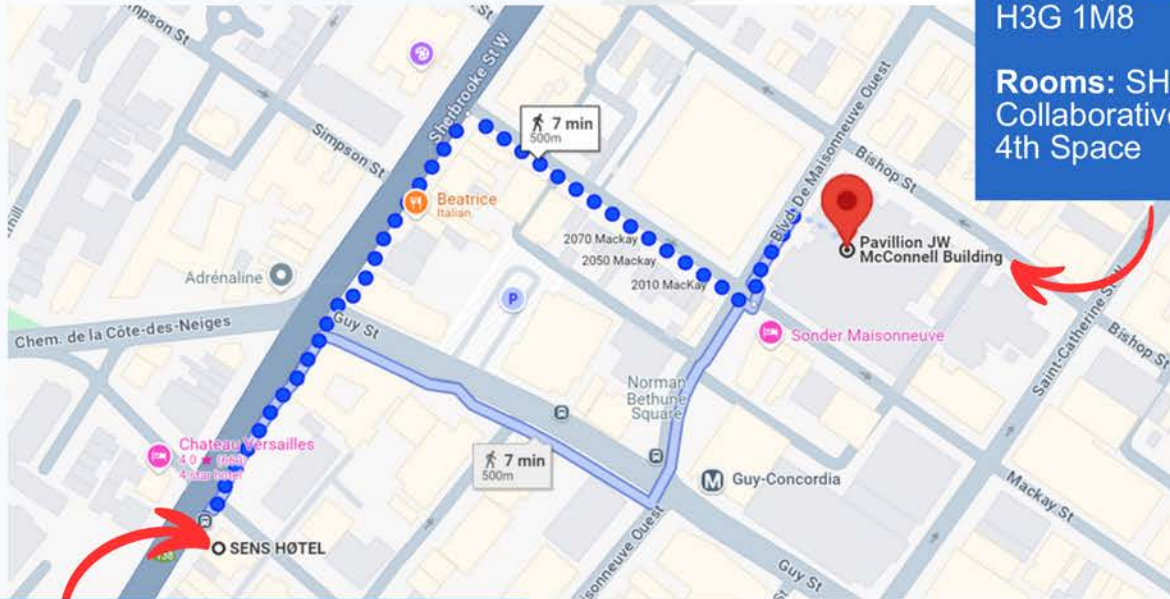
## **The 2024 International Weight Bias Summit Planning Committee:**

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Ximena Ramos Salas, PhD, Bias180  
Shelly Russell-Mayhew, PhD, University of Calgary  
Sabrina Sacco, BA, Concordia University  
Adelaide Waters, BSc Student, Concordia University

## Hotel and Meeting Location

**Conference Venue:**  
Pavillion J.W.  
McConnell Bldg  
1400 Maisonneuve  
Blvd W, Montreal, QC  
H3G 1M8

**Rooms: SHIFT**  
Collaborative Space,  
4th Space



### Conference Hotel:

#### Hotel Sens

1808 Rue Sherbrooke Ouest,  
Montréal, Québec, H3H 1E5

+1 514-933-8111  
[reservations@sensmtlversailles.com](mailto:reservations@sensmtlversailles.com)



## Agenda

Arrival Day: Wednesday October 23, 2024	
5:00-7:00pm	<b>Welcome Reception</b> Hotel Sens Bar
7:00-9:00pm	<b>Welcome Dinner</b>
DAY 1: Thursday October 24, 2024	
8:00-9:00am	<b>Breakfast and Opening Remarks</b> Hotel Sens Geso Restaurant
9:00-9:30am	Icebreaker at Geso Restaurant
9:30-9:45am	<b>Transition to SHIFT Center</b> 1400 Boulevard de Maisonneuve West Concordia Webster Library: Room LB-145
10:00-12:30pm	<b>Research Showcases</b>
12:30-1:30pm	<b>Lunch Break</b>
1:30-3:00pm	<b>Group Discussions: Setting Research Priorities</b>
3:00-4:00pm	<b>Coffee Break</b>
4:00-5:00pm	<b>Group Discussions: Setting Research Priorities</b>
5:00-7:00pm	<b>Program Break (Free Time)</b>
7:00-9:00pm	<b>Networking Dinner at Café Il Cortile</b> 1442 Sherbrooke Street West

### Group meeting times:

#### Wednesday October 23rd

Hotel Sens bar welcome reception from 5:00 pm to 6:45 pm  
Meet in hotel lobby at 6:45 pm to walk to welcome dinner

#### Thursday October 24th

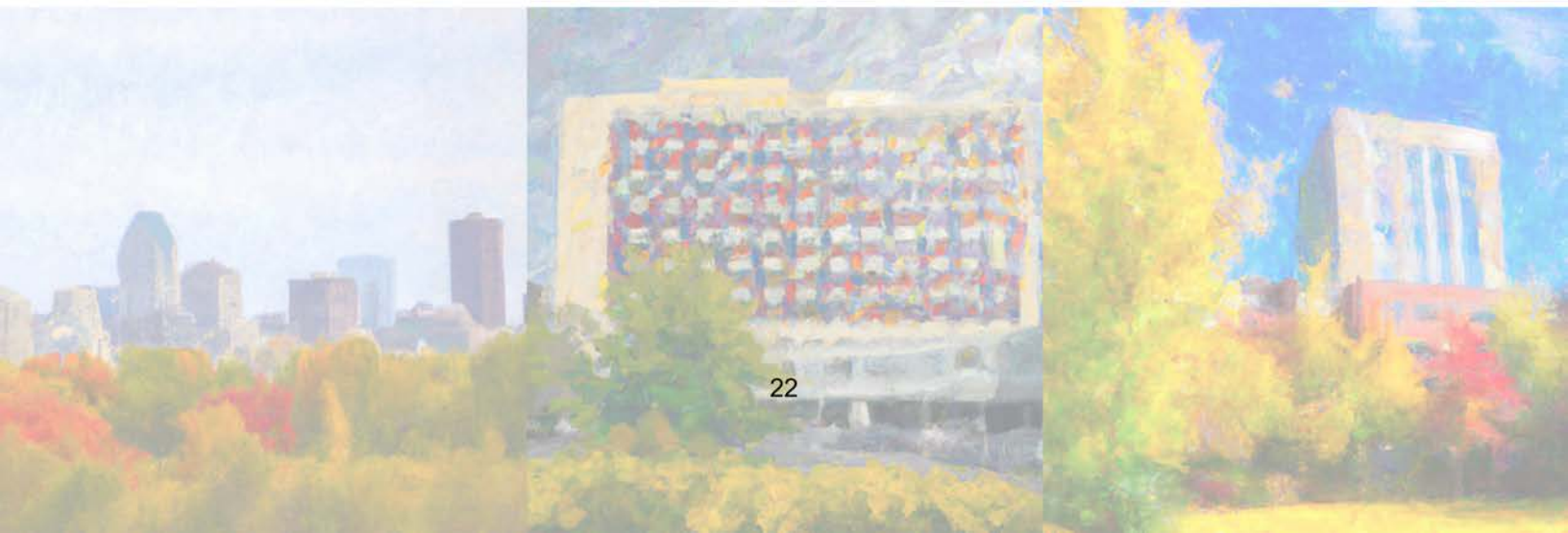
Meet in hotel restaurant at 8:00 am for breakfast and opening remarks  
Meet in hotel lobby at 9:30 am to walk to Concordia  
Meet in hotel lobby at 6:45 pm to walk to networking dinner

#### Friday October 25th

Meet in hotel lobby at 7:45 am to walk to breakfast

## Agenda

DAY 2: Friday October 25th, 2024	
8:00-10:00am	<b>Breakfast at Allô mon Coco</b> 1684 Blvd. De Maisonneuve West
10:00-10:15am	<b>Transition to 4th Space</b> 1400 Boulevard de Maisonneuve West Concordia Webster Library: Room LB-103
10:30-1:00pm	<b>Broadcasted Live Event</b> <b>Ending Weight Stigma: Priorities for Action</b>  10:30-10:45 am:      Introductory Remarks 10:45-11:15 am:      Keynote Speaker Presentation 11:30-12:30 pm:      Panel Discussion 12:30-1:00 pm:      Question & Answer Period
1:00-2:00pm	<b>Lunch Break</b>
2:00-3:00pm	<b>Group Discussions: Priorities for Action</b>
3:00-3:30pm	<b>Coffee Break</b>
3:30-4:30pm	<b>Group Discussions: Priorities for Action</b>
4:30-5:00pm	<b>Consensus and Closing Remarks</b>
5:00-6:00pm	<b>Open Networking Hour</b>





## 2024 International Weight Bias Summit Bios



**Alina Constantin:** I am a local, national, and international patient advocate and the President of Patients' Council at Ligue nationale contre l'obésité. The position allowed me to take a stand within the French Obesity Coalition with various stakeholders, and co-build projects in medical and social research, policy, and communication campaigns against weight bias and stigma. I am an active member of several ONGs related to chronic conditions, therapeutic education, against weight bias and stigma, and of AFERO, the scientific society for obesity in France. I also identify as a spokesperson in the media and events for people living with obesity, promoting education in obesity science and better recognition for obesity as a chronic disease.



**Amber Huett-Garcia, MPA:** Amber Huett-Garcia is an obesity care advocate and current member of the World Obesity Federation Board of Trustees, representing the lived experience. She served with the U.S.-based Obesity Action Coalition (OAC) Board of Directors for nine years, including two years as its chair. She is a founding member of the Global Obesity Patient Alliance (GOPA), where she represents the United States, and a 2018 recipient of Medtronic's Bakken Invitation, an international award given to individuals who've used their "extra life" to advocate. Amber brings the lived experience perspective through her work as she maintains a 245-lb weight loss achieved through combination therapy, including revisional metabolic surgery.

Amber is a full-time consultant based in Memphis, Tennessee, U.S.A. Amber was elected in August 2022 to represent District 8 of the Memphis-Shelby County Schools Board, the 25th largest school district in the United States, serving 112,000 K-12 students.



**Angela Alberga, PhD:** Dr. Angela Alberga is an exercise physiologist by training having completed her MSc and PhD in Human Kinetics at the University of Ottawa, Canada. She then pursued two postdoctoral fellowships with tri-faculty supervision in Education, Psychology and Public Health on the psychosocial aspects of body weight at the University of Calgary. Her postdoctoral work focused on interventions aimed to reduce weight bias and stigma in education, healthcare and public policy. She is now an Associate Professor and University Research Chair in the Department of Health, Kinesiology and Applied Physiology at Concordia University in Montreal, Canada where she leads an interdisciplinary research program that addresses weight-related issues across the lifespan.



**Angela C. Incollingo Rodriguez, PhD:** Angela Incollingo Rodriguez is an Assistant Professor of Psychological & Cognitive Sciences and Neuroscience at Worcester Polytechnic Institute in the United States. She directs the Stigma Eating & Endocrinology Dynamics (SEED) Lab and collaborates on interdisciplinary research initiatives around the world. Angela's research program harnesses an integrated biopsychosocial approach to identify psychosocial predictors and mechanisms that drive health behaviors, overall health, and health inequity. Her mixed-methods research occurs at the intersection of social phenomena (such as weight stigma), biomarkers (such as cortisol and inflammation), and psychological factors (such as stress and behavior change). Core themes throughout her work include eating and exercise, weight and obesity, stigma and discrimination, pregnancy and maternal health, and chronic pain.



**Annie Aimé, PhD:** Annie Aimé is full professor at the Université du Québec en Outaouais in Quebec, Canada. Her research interests focus on body image, weight bullying and appearance stigmatization, eating behaviors, eating disorders, weight, emotional well-being, and mental health. She is involved in many international projects and often collaborates with public and nonprofit organizations aiming at improving body image as well as supporting body inclusivity and body diversity. In addition to our research, she works as a psychologist with adults and families and is the co-founder of a clinic specialized in assessing and treating eating and weight problems. She regularly offers conferences, training and clinical supervision.



## 2024 International Weight Bias Summit Bios



**Aurélie Baillot, PhD:** Aurélie Baillot holds a provincial research grant (Junior II, FRQS). Her research interests focus on improving physical activity interventions for people with severe obesity, with or without surgical management. During her post-doctorate, she carried out several interventional studies on the impact of physical activity in pre-bariatric surgery, and is the author of several systematic literature reviews aimed at identifying the biopsychosocial effects of physical activity in patients with obesity. Her main research activities with this population are aimed at i) identifying the biopsychosocial determinants of regular physical activity, ii) assessing the biopsychosocial and behavioural effects of exertion (acute exercise) and regular physical activity, and iii) analyzing the biopsychosocial and behavioural impact of weight-related stigmatization during physical activity. In this way, it addresses two major health issues in Canada – physical inactivity and obesity – and contributes to the advancement of knowledge in this field.



**Brad Hussey:** Brad has 20+ years' experience as a consultant in public- and private-sector healthcare, nonprofit and research settings. He has worked with national and international organizations to reshape the understanding of and narratives about obesity nationally and globally. Brad has led and collaborated on multiple multi-disciplinary, high-visibility research and knowledge translation collaborations in obesity and other chronic disease areas, building trust among cross-sectoral partners to leverage unique knowledge, shared values and a commitment to improve lives. He is a board member of Bias180, a nonprofit focused on co-creating innovative solutions to eliminate bias, stigma and discrimination in collaboration with global partners across healthcare, education, and public policy sectors



**Briony Hill, PhD:** Briony is an Australian Research Council Discovery Early Career Researcher Award Fellow, Senior Research Fellow and Deputy Head of the Health and Social Care Unit, School of Public Health and Prevention Medicine at Monash University. Briony was the inaugural Chair and currently Co-Chairs the Health in Preconception, Pregnancy and Postpartum Early and Mid-career Researcher Collective (HiPPP EMR-C), is a founding member of the Stigma Expert Group of the Obesity Collective and an Executive member of the Body Positive Birth Alliance.

She applies an Ecological Systems Theory lens to her research to recognise the broader impacts of weight stigma that extend through the community, society and government. This includes two Australian Research Council grants as Chief Investigator to explore weight stigma in women across the reproductive years and develop theoretical and policy advances in the field.



**Daphnée Legault, LL.B., LL.M.:** Daphnée Legault is a lawyer based in Montréal practicing in Labour & Employment Law and Human Rights, with a specialization in human rights matters. She completed a Masters of Laws in 2024 on the addition of weight as a prohibited ground of discrimination in Québec and Canada. She also studied the legal perspectives surrounding the qualification of obesity as a disease, the treatment of fat people within the justice system, obesity in the context of work-related accidents or illnesses, and other weight-related issues, from a legal standpoint.



## 2024 International Weight Bias Summit Bios



**Jennifer Louise Brown, MSc, RD, CBE:** Jennifer is a registered dietitian and certified bariatric educator at The Ottawa Hospital Bariatric Centre of Excellence. She specializes in bariatric nutrition, weight change physiology, appetite regulation, weight bias and knowledge translation through weight-inclusive approaches for individuals undergoing metabolic or bariatric surgery. Jennifer chairs the Quality Improvement Committee at The Ottawa Hospital and co-chairs the Obesity Guideline Committee at the University of Ottawa Heart Institute. She also serves on Obesity Canada's Scientific Advisory Committee and the James Lind Alliance Obesity Care in Canada Steering Partnership. In 2020, she was lead author of the Medical Nutrition Therapy Chapter in the Canadian Obesity CPGs and contributes to national and international obesity care frameworks and advocacy. She is an invited speaker at global conferences, has authored numerous publications and is passionate about transforming healthcare's approach to weight, health, and nutrition.



**Kristen Michelle Lucibello, PhD:** Dr. Lucibello is a SSHRC-funded Postdoctoral Fellow in the Department of Health Sciences at Brock University. She received her PhD from the Department of Kinesiology at the University of Toronto in 2022. Her research program uses both qualitative and quantitative methodologies to explore how experienced and internalized weight bias relate to physical activity among adolescents.



**Lisa Schaffer:** Lisa Schaffer is the new Executive Director at Obesity Canada, but has been previously dedicated to volunteering for nearly eight years at OC: she has served as a patient advocate, Chair of the Public Engagement Committee, and a member of the Board of Directors. She has also worked extensively with national clinical obesity experts from across the country. Over the years working with Obesity Canada, Lisa has developed strong connections with the obesity community, particularly with people with lived experience, as well as clinicians and researchers.



**Marie-Pierre Gagnon-Girouard, Ph.D., psychologist :** I am a professor in Health Psychology at Université du Québec à Trois-Rivières (Canada). I lead the APIC research team on attitudes and perceptions related to body image and stigma. I work on the links between how we perceive our own body and how we perceive others' body. I work in collaboration with community organizations to bonify the dialogue between research and practice. I am also a clinical psychologist in the field of eating disorders.



**Marilou Côté, PhD:** Marilou Côté, PhD, is a licensed clinical psychologist specializing in eating and weight disorders and an Assistant Professor of Psychoeducation at Université Laval in Québec City, Canada. Her research focuses on explicit weight bias across various populations, as well as the experiences of weight stigma and their correlates in individuals living with higher weights. She has a particular interest in the interconnections among issues related to weight, eating behaviors, and romantic relationships.



**Mary Forhan PhD, OT Reg.(Ont.):** I am an occupational therapist and rehabilitation scientist. My research is focused on reducing the disability experienced by persons living with chronic health conditions and diseases, including obesity. Research completed to date and in progress is framed by the World Health Organizations' International Classification of Function (ICF). Weight bias and stigma is a factor situated within the social environment, one of five elements in the ICF.



## 2024 International Weight Bias Summit Bios



**Mary S. Himmelstein, PhD:** My research centers on understanding the ways in which overlapping identities, stress, and strategies for coping with stress impact physical and psychological health in the areas of weight stigma and masculinity.



**Paula M. Brochu, PhD:** Paula M. Brochu (she/her) is a social psychologist and associate professor at Nova Southeastern University. Her research examines the processes underlying the expression of anti-fat attitudes, the consequences of weight stigma, and the efficacy of weight bias reduction interventions. The driving force behind her research is to reduce weight-based health disparities and support body liberation efforts.



**Paulina Nowicka, PhD, RD:** Dr. Nowicka is a Chair Professor of Food Studies, Nutrition, and Dietetics at Uppsala University in Sweden. She also serves as Co-Chair of the EASO Childhood Obesity Working Group, Associate Editor for Obesity Reviews, and a member of the WHO guideline development for treatment of adolescent obesity in primary health care setting. Dr. Nowicka's work centers on the prevention and early treatment of childhood obesity as well as origins of obesity stigma starting from a very young age. She is a trained clinical dietitian with a Master's degree in Psychology, a degree in Family Therapy, and a PhD in Pediatrics from Lund University. Dr. Nowicka spent nearly a decade as a clinician at a childhood obesity treatment center in Malmö, Sweden. Her postdoctoral education included research at Yale University, the University of Oregon, and the University of Oxford. She is currently on sabbatical at the Stanford Center on Early Childhood.



**Rebecca Puhl, PhD:** Dr. Rebecca Puhl is Professor in the Department of Human Development and Family Sciences at the University of Connecticut where she is also the Deputy Director for the Rudd Center for Food Policy & Health. Dr. Puhl earned her Ph.D. in Clinical Psychology from Yale University. She has authored 200+ research publications on the impact of weight stigma on emotional and physical health, the nature of weight-based bullying in youth, weight bias in health care and the media, interventions to reduce societal weight bias, and policy remedies to prohibit weight discrimination. Outside of academia, Dr. Puhl works with national and international organizations to increase education about weight stigma and implement stigma-reduction strategies in healthcare, the mass media, and policy.



**Robert A Carels, MBA, PHD, ABPP, FSBM:** I graduated from University of North Carolina at Chapel Hill with my doctorate in clinical psychology and completed a post doc at Duke University Medical Center in Cardiovascular Health Psychology. I am the Director of Clinical Training for the APA accredited clinical health psychology program at East Carolina University, and I have been PI on a Health Resource Service Graduate Psychology Education training grant for about 9 years. The grant trains doctoral students in primary integrated care. I am a board-certified clinical health psychologist. Also, I am a Fellow in the Society of Behavioral Medicine. I have been performing weight stigma research for about 15 years. I am committed to better understanding and combating weight stigma in its many forms.



## 2024 International Weight Bias Summit Bios

**Rudy Caillet (MD, He):**

- Coordinator of the Centre Spécialisé d'Obésité (CSO) of Alsace.
- President of StereO (Non governmental organization for research and actions on weight stigmatization in France)
- Secretary of the Luxembourgish Association for the Study of Obesity (LASO)
- Advocating against the lack of understanding of the root causes of obesity in the society and the lack of knowledge of its pathophysiology, which are the sources of an omnipresent stigmatization, disengaging Healthcare Professionals and Patients from an appropriate Obesity Medicine.



**Rut Eiríksdóttir:** I am vice president and founding member of SFO, the Icelandic association of people living with obesity. I have lived with obesity since I was young. I was diagnosed and received appropriate treatment. I am also a member of FFO, the Icelandic association for the study of obesity. I work as a registered nurse in an obesity clinic in Reykjavik and am interested about teaching healthcare professionals and general public about obesity.



**Sarah Nutter, PhD:** Dr. Sarah Nutter is an assistant professor of counselling psychology at the University of Victoria. Her research focuses broadly on weight stigma, body image, and eating disorders. She is particularly interested in better understanding the sociocultural foundations of weight stigma, the intersectional experience of weight stigma, and the impact of weight stigma on health and healthcare.



**Sean Michael Phelan, PhD, MPH:** Dr. Phelan's research focuses on stigma and its impact on health and health care. Most of his work examines the phenomenon of weight stigma and how people living in larger bodies interact with the health care system. He has also published extensively on the impact of medical education on biased attitudes about people with larger bodies, LGBTQ people, and members of racially minoritized groups. Additionally, his work includes strategies to reduce bias and improve equity, inclusion, and belonging in organizations. He is a professor of health services research in the Division of Health Care Delivery Research and the Robert D. & Patricia E. Kern Center for the Science of Health Care Delivery. He also serves as head of the Social and Behavioral Sciences Section within his department. Dr. Phelan's PhD in Epidemiology was awarded by the University of Minnesota School of Public Health and he completed a fellowship at the Minneapolis Veterans Affairs Medical Center.



**Shelly (Michelle) Russell-Mayhew, PhD, R. Psych.:** Dr. Russell-Mayhew's research program focuses on weight stigma, weight-related issues and building healthy educational communities. Her focus includes issues like body image (perceptions, attitudes, and experiences about the body), disordered eating (e.g., unhealthy methods of weight change), weight-related disorders (e.g., obesity and eating disorders) and professional conversations and interactions about weight (e.g., weight bias). Her professional journey working with weight-related issues is influenced and fueled by a deeply personal and sometimes troubled relationship with her own body. She is an award-winning teacher, scholar, and research supervisor recognized for her innovation. In 2023, SRM received the Killam Research Excellence Award. She has supervised to completion 56 graduate students (40 masters/16 doctoral) and worked with 10 postdoctoral scholars (<https://werklund.ucalgary.ca/research/body-image-lab>). Knowledge mobilization includes The PodClass: Conversations on School Health, a 50-episode podcast series which has been downloaded in over 72 countries (<https://everactive.org/podclass>).



## 2024 International Weight Bias Summit Bios



**Sólveig Sigurdardóttir:** I am a patient advocate from Iceland. Have lived with Obesity since childhood. Working for a better life for us all living or affected by Obesity. Board member and past president of ECPO, European Coalition for people living with Obesity. Together we're stronger.



**Francine Small, MA:** Francine has a 20-year background in social justice work, consisting of project management, support services and advocacy in the areas of sexual health education (through Planned Parenthood and Public Health), HIV/AIDS, youth advocacy and non-profit housing. She completed a Master's of Social and Cultural Analysis with a focus on racial and ethnic categories in biomedical research. Francine is currently working as a sociology professor in Montreal Quebec.



**Dr Stuart W. Flint:** Dr Stuart W. Flint is Associate Professor at the University of Leeds, President of Scaled Insights and an Honorary Academic for the Department of Health and Social Care (UK Government), with a specific interest and expertise in attitude and behaviour change, psychosocial aspects of obesity, health-related stigma and discrimination – particularly weight stigma and discrimination - and health inequalities. He has led work internationally, nationally and regionally with governments, health systems, education providers, media organisations, patient and public advocacy groups and within the general population. This includes public health policy development, research and evaluation and campaigns, education for healthcare professionals, media and policymaker guidelines, and public health service guidance for addressing weight stigma. Dr Flint has published widely in high impact journals including the Lancet, BMJ and Nature Medicine, and is a contributing member to the All-Party Parliamentary Group (APPG) on Obesity and APPG on a Fit and Healthy Childhood in the UK.



**Taniya Nagpal, PhD:** Taniya Nagpal is an Assistant Professor at The University of Alberta with the Faculty of Kinesiology, Sport and Recreation. She completed her PhD from the University of Western Ontario with the Exercise and Pregnancy Lab and Exercise and Health Psychology Lab. Her dissertation work included developing and testing strategies to improve adherence to physical activity in pregnancy, and measuring downstream health outcomes for both mother and newborn. Following this she completed a 2 year Mitacs funded post-doctoral fellowship with The University Ottawa's Adamo Lab and The Society of Obstetricians and Gynaecologists of Canada. Her research aims to understand health related-stigma, such as obesity and weight stigma, from lived experience and implications on healthcare delivery and behaviours. Her goal is to inform and develop person-oriented tools and interventions focused on stigma reduction to improve quality of healthcare and access to health resources like physical activity in preconception, pregnancy and postpartum.



**Ted Kyle, RPh, MBA:** Ted Kyle, RPh, MBA, founded ConscienHealth in 2009. Ted is a pharmacist and healthcare innovation professional who works with health and obesity experts for sound policy and innovation to address obesity. He serves on the Board of Directors for the Obesity Action Coalition, advises The Obesity Society on advocacy, and consults with organizations addressing the needs of people living with obesity. His widely-read daily commentary, published at ConscienHealth.org, reaches an audience of more than 10,000 thought leaders in health and obesity.



## 2024 International Weight Bias Summit Bios



**Anthony "Tony" Commuzzie, PhD:** Anthony "Tony" Comuzzie, PhD, provides overall strategic direction and executive leadership at The Obesity Society's headquarters in Rockville, Maryland. Tony is a world-renowned obesity researcher and scientist, having served on the faculty in the Department of Genetics at Texas Biomedical Research Institute. He has spent nearly 25 years researching the genetics of obesity, including work on numerous genetic epidemiological studies, and authored more than 250 journal articles.



**Tracy M.L. Zvenyach, PhD:** Dr. Tracy Zvenyach is Director of Policy Strategy and Alliances at the Obesity Action Coalition. In this role, she provides leadership in the development and implementation of policy priorities and strategy for OAC and represents OAC in alliances and coalition efforts to advance obesity care. She also serves as an Adjunct Assistant Professor at Georgetown University, where she teaches healthcare policy and advocacy to graduate students. In her previous roles, Dr. Zvenyach led obesity public policy and advocacy efforts in industry and worked in the U.S. Senate for years, on topics ranging from healthcare, women's policy, workforce, disaster response, and judiciary policy. Dr. Zvenyach's research and publications focus on health economics and policy research to address barriers to obesity care.



**Verónica Vázquez Velázquez, PhD:**

- PhD in Psychology.
- Clinical psychologist at the Obesity and Eating Disorders Clinic of Instituto Nacional de Ciencias Médicas y Nutrición Salvador Zubirán (INCMNSZ), Mexico City since 2000.
- President of Obesidades, a non-profit organization.
- Member of the National System of Researchers in Mexico.
- Member of the Steering Committee of the study "Awareness, Care & Treatment In Obesity MaNagement - An International Observation (ACTION IO)".
- Professor of Postgraduate Courses in Obesity (UNAM, SSA).
- Have participated in clinical research projects and published several scientific papers and book chapters.
- Have dedicated to the clinical care of patients living with obesity and eating disorders, the creation of psychoeducational interventions based on cognitive behavioral therapy for obesity and the theoretical-practical training on the treatment of obesity for healthcare professionals.



**Ximena Ramos-Salas, PhD:** Ximena Ramos Salas has a PhD in public health and 20+ years' experience in health research and policy (Can. Inst. of Health Research) and obesity education, advocacy, and patient engagement (Obesity Canada). As a weight stigma and obesity expert she works with several international organizations such as the European Ass. for the Study of Obesity and the World Health Organization. She coordinated the 2020 Canadian Adult Obesity Management Clinical Practice Guidelines, which used a patient-centred approach and provided recommendations to reduce weight stigma



**Xochitl (i.e. "Sochil") de la Piedad Garcia, PhD:** I trained as an experimental psychologist working on research totally unrelated to this area. I started working with Prof. Leah Brennan in 2015 on research in eating behaviour, body image and weight, and started focusing on weight stigma. I am interested in the way weight stigma negatively affects people's lives. I work both on research about weight stigma from the perspective of the targets (experienced, internalised, anticipated) and from the perspective of healthcare providers and public health systems. From the perspective of targets, I am interested in correlates of stigma and finding variables that may ameliorate the negative effects of stigmatisation. From the perspective of healthcare, my research with the Obesity Collective aims to reduce weight stigma in healthcare professionals. Recent work with the EDIT collaboration has focused on developing a checklist to reduce weight stigma in weight management interventions.

**FREE WEBINAR\***

## ending weight stigma: priorities for action

**panel:**  
Dr. Ximena Ramos-Salas, Bias180  
Dr. Stuart Flint, Leeds University  
Dr. Rebecca Puhl, University of Connecticut

**moderator:**  
Ms. Lisa Schaffer, Obesity Canada

Friday October 25, 2024: 10:30am-1:00pm ET

\*Free, but registration required. Presented live from the 2024 International Weight Bias Summit in Montreal. Join online or in-person.



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# ending weight stigma

## : priorities for action

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Dr. Stuart W. Flint, Leeds University  
Dr. Rebecca Puhl, University of Connecticut

**moderator:**  
Ms. Lisa Schaffer, Obesity Canada

Friday October 25, 2024  
10:15am-12:30pm ET

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## ADDITIONAL PHOTOS

