

Hello all,

Our goal with these emails is that if you open just one link or attachment every month or so, you (and we) will grow a skillset to become strong health advocates.

Public Health and Policy Advocacy Tidbit

Articles: [Best Practices for Measuring SES/Social Class](#) or [How is Poverty Measured](#)

Est. Time: 15-45 mins

Taken from APA's Deep Poverty Challenge website, this read could illuminate if/when/how you measure poverty and resources as part of your clinical practice and research. Poverty has an enormous impact on food security and other SDOH that directly impact a family's ability to engage in obesity management and their risk for obesity/any health condition in the family.

Community Advocacy Tidbit

[Unpacking the Racist Roots of Fat Phobia](#)

Est. Time: 12 mins read



Take Away: “In society and in science, this racist revulsion toward Black bodies has persisted. More frequently than not, when researchers are asked to explain any sort of disparity between white people and Black people, they seemingly ignore the facts and data, and blame it all on what they see as cultural shortcomings.”

Medical/Clinical Advocacy Tidbit

Future newsletter addition. There is plenty to grease your gills and keep you up at night planning how to change the world in the other sections this time... .

Strengthen Your Inner-Advocate: Quick things to check out

1. APA Advocacy Guide: ([LINK](#))
2. APA Priority Areas PDF ([LINK](#)) – Scan this for 5 mins and start to decode advocacy lingo as a great next step towards strengthening your inner-advocate.

Looking forward to:

In fall 2021, the Obesity SIG will host a webinar for education and discussion about the topic: “What is advocacy (for pediatric psychologists)?” Look for info on the SIG and SPP list serves .

Committee Mission: *to utilize the experience and knowledge of Obesity SIG members, and other resources to promote learning how to advocate in various private and public arenas.*

Contact

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