

Dr. Joy Cox, PhD | Unpacking Fatphobia to get to the Source of Oppression (1 CE hour)

Quiz Questions:

1. Fatphobia can be:
 - a. institutional
 - b. interpersonal
 - c. intrapersonal
 - d. II of the above

2. An example of institutionalized fatphobia:
 - a. Airplane seats being a standard size
 - b. Body size not being a protected class
 - c. Calorie counts on menus
 - d. Labeling clothing as "Plus sized"

3. Healthcare Professionals can help mitigate impacts of fatphobia by:
 - a. Examining their thoughts on fatness
 - b. Advocating for larger bodies in their workplace and care
 - c. Accommodating their patients' body size needs
 - d. All of the above

4. Fatphobia's roots come from:
 - a. Illness avoidance
 - b. Racism and ableism
 - c. Sexism
 - d. Wealth inequality
 - e.

5. An example of fatphobic thinking is:
 - a. Fat people could be smaller if they tried harder
 - b. Fat people are just little people in bigger bodies
 - c. Fat people and skinny people are capable of contributing equally
 - d. Fat people are funny

6. Fatphobia:
 - a. Is a fear of fat people
 - b. Impacts everyone regardless of body size
 - c. Only hurts people in larger bodies
 - d. Is best treated with CBT