



**WOMEN
AND
DIETING
CULTURE**

**INSIDE A
COMMERCIAL
WEIGHT
LOSS
GROUP**

KANDI STINSON

Women And Dieting Culture Inside A Commercial Weight Loss Group

Laura Backstrom



Women And Dieting Culture Inside A Commercial Weight Loss Group:

Women and Dieting Culture Kandi M. Stinson, 2001 Commercial weight loss organizations have come under attack from feminist scholars for perpetuating the very social values that cause women to obsess about their weight In *Women and Dieting Culture* sociologist Kandi Stinson asks how these values are transmitted and how the women who join such organizations actually think about their bodies and weight loss As part of her research Stinson fully participated in a national commercial weight loss organization as a paying member Her acute analysis and sensitive insider's portrayal vividly illustrate the central roles dieting and body image play in women's lives Diet Culture and Counterculture Natalie

Jovanovski, 2024-08-13 This book is the first of its kind to explore how women challenge the powerful sociocultural and gendered phenomenon of diet culture across the broad anti diet movement and beyond Showcasing the voices of over 150 everyday women activists and health professionals across Australia New Zealand Canada the United States and the United Kingdom the author provides new insight into anti diet practices while giving agency for women who remain main targets of diet culture Using Pierre Bourdieu's concept of habitus as a novel starting point to develop a concept of the diet habitus the author explores the possibility of a fragmented but unified diet counterculture Drawing on feminist perspectives from women's and fat liberation movements the author demonstrates that women's anti diet practices are grounded in a combination of self and society one that has the power to significantly re shape the broad landscape of food and eating for women This international book appeals to scholars students activists and health professionals interested in the intersections of the sociology of the body fat studies sociology of food and nutrition social movements health sociology and women's studies

Feminist Theology and Contemporary Dieting Culture Hannah Bacon, 2019-08-08 Hannah Bacon draws on qualitative research conducted inside one UK secular commercial weight loss group to show how Christian religious forms and theological discourses inform contemporary weight loss narratives Bacon argues that notions of sin and salvation resurface in secular guise in ways that repeat well established theological meanings The slimming organization recycles the Christian terminology of sin spelt Syn and encourages members to frame weight loss in salvific terms These theological tropes lurk in the background helping to align food once more with guilt and moral weakness but they also mirror to an extent the way body policing techniques in Christianity have historically helped to cultivate self care The self breaking and self making aspects of women's Syn watching practices in the group continue certain features of historical Christianity serving in similar ways to conform women's bodies to patriarchal norms while providing opportunities for women's self development Taking into account these tensions Bacon asks what a specifically feminist theological response to weight loss might look like If ideas about sin and salvation service hegemonic discourses about fat while also empowering women to shape their own lives how might they be rethought to challenge fat phobia and the frenetic pursuit of thinness As well as naming as sin principles and practices which diminish women's appetites and bodies this book forwards a number of

proposals about how salvation might be performed in our everyday eating habits and through the cultivation of fat pride It takes seriously the conviction of many women in the group that food and the body can be important sites of power wisdom and transformation but channels this insight into the construction of theologies that resist rather than reproduce thin privilege and size ist norms

Down to Earth Sociology: 14th Edition James M. Henslin,1981-02-01 For thirty five years and through thirteen editions Jim Henslin s Down to Earth Sociology has opened new windows onto the social realities that shape our world Now in its fourteenth edition the most popular anthology in sociology includes new articles on our changing world while also retaining its classic must read essays Focusing on social interaction in everyday life the forty six selections bring students face to face with the twin projects of contemporary sociology understanding the individual s experience of society and analyzing social structure The fourteenth edition s exceptional new readings include selections on the role of sympathy in everyday life mistaken perceptions of the American family the effects of a criminal record on getting a job and the major social trends affecting our future Together with these essential new articles the selections by Peter Berger Herbert Gans Erving Goffman Donna Eder Zella Luria C Wright Mills Deborah Tannen Barrie Thorne Sidney Katz Philip Zimbardo and many others provide firsthand reporting that gives students a sense of being there Henslin also explains basic methods of social research providing insight into how sociologists explore the social world The selections in Down to Earth Sociology highlight the most significant themes of contemporary sociology ranging from the sociology of gender power politics and religion to the contemporary crises of racial tension crime rape poverty and homelessness

The American Beauty Industry Encyclopedia Julie Willett,2010-05-11 This is the first encyclopedia to focus exclusively on the many aspects of the American beauty industry covering both its diverse origins and its global reach The American Beauty Industry Encyclopedia is the first compilation to focus exclusively on this pervasive business covering both its diverse origins and global reach More than 100 entries were chosen specifically to illuminate the most iconic aspects of the industry s past and present exploring the meaning of beauty practices and products often while making analytical use of categories such as gender race sexuality and stages of the lifecycle Focusing primarily on the late 19th and 20th century American beauty industry an era of unprecedented expansion the encyclopedia covers ancient practices and the latest trends and provides a historical examination of institutions entrepreneurs styles and technological innovations It covers for example the 1911 Triangle Shirtwaist Factory fire as well as how Asian women today are having muscle fiber removed from their calves to create a more Western look Entries also explore how the industry reflects social movements and concerns that are inextricably bound to religion feminism the health and safety of consumers and workers the treatment of animals and environmental sustainability

Reconstructing Obesity Megan B. McCullough,Jessica A. Hardin,2013-10-01 In the crowded and busy arena of obesity and fat studies there is a lack of attention to the lived experiences of people how and why they eat what they do and how people in cross cultural settings understand risk health and bodies This volume addresses the lacuna by drawing on

ethnographic methods and analytical emic explorations in order to consider the impact of cultural difference embodiment and local knowledge on understanding obesity It is through this reconstruction of how obesity and fatness are studied and understood that a new discussion will be introduced and a new set of analytical explorations about obesity research and the effectiveness of obesity interventions will be established

Diners, Dudes, and Diets Emily J. H. Contois, 2020-10-02 The phrase dude food likely brings to mind a range of images burgers stacked impossibly high with an assortment of toppings that were themselves once considered a meal crazed sports fans demolishing plates of radioactively hot wings barbecued or bacon wrapped anything But there is much more to the phenomenon of dude food than what's on the plate Emily J H Contois's provocative book begins with the dude himself a man who retains a degree of masculine privilege but doesn't meet traditional standards of economic and social success or manly self control In the Great Recession's aftermath dude masculinity collided with food producers and marketers desperate to find new customers The result was a wave of new diet sodas and yogurts marketed with dude friendly stereotypes a transformation of food media and weight loss programs just for guys In a work brimming with fresh insights about contemporary American food media and culture Contois shows how the gendered world of food production and consumption has influenced the way we eat and how food itself is central to the contest over our identities

Men and the War on Obesity Lee F. Monaghan, 2008-04-02 Lee F Monaghan offers a timely critical and original take on the obesity debate bringing male bodies into the frame and questioning the claim from public health that millions of people are unhealthy because they are overweight or obese

Seeking the Straight and Narrow Lynne Gerber, 2012-08-01 Losing weight and changing your sexual orientation are both notoriously difficult to do successfully Yet many faithful evangelical Christians believe that thinness and heterosexuality are godly ideals and that God will provide reliable paths toward them for those who fall short Seeking the Straight and Narrow is a fascinating account of the world of evangelical efforts to alter our strongest bodily desires Drawing on fieldwork at First Place a popular Christian weight loss program and Exodus International a network of ex gay ministries Lynne Gerber explores why some Christians feel that being fat or gay offends God what exactly they do to lose weight or go straight and how they make sense of the program's results or frequently their lack Gerber notes the differences and striking parallels between the two programs and more broadly she traces the ways that other social institutions have attempted to contain the excesses associated with fatness and homosexuality Challenging narratives that place evangelicals in constant opposition to dominant American values Gerber shows that these programs reflect the often overlooked connection between American cultural obsessions and Christian ones

Weighty Problems Laura Backstrom, 2019-04-05 By investigating how contemporary cultural discourses of childhood obesity are experienced by children Laura Backstrom illustrates how deeply fat stigma is internalized during the early socialization experiences of children Weighty Problems finds that embodied inequality is constructed and negotiated through a number of interactional processes including resocialization stigma management social comparisons and attribution

Alternative Salvations Hannah Bacon, Wendy Dossett, Steve Knowles, 2015-12-17 By considering transformative ideas and experiences which are explicitly articulated or implicitly structured in languages of religion and spirituality *Alternative Salvations* probes concepts including religious secular spiritual post Christian and post secular providing a series of studies which question the functionality of these broad categories Part one draws on contemporary salvation narratives showing how current cultural forms social practices and secular discourses are influenced by or are interpreted through the lens of religious and theological accounts of salvation Examples include twelve step recovery programs drug culture and public policy surrounding HIV AIDs in Kenya Although outside traditional religious contexts the contributors show ways in which they are not free from religious symbolism Part two explores alternative accounts of salvation rooted in religious traditions Established orthodoxies are confronted by contemporary critical questions for example about gender the status of animals and the political dimensions of salvation By contributing new perspectives and unique case studies *Alternative Salvations* provides a deliberate challenge to easy binaries which often underpin contemporary and traditional discourses of salvation

Killer Fat Natalie Boero, 2012-09-12 In the past decade obesity has emerged as a major public health concern in the United States and abroad At the federal state and local level policy makers have begun drafting a range of policies to fight a war against fat including body mass index BMI report cards snack taxes and laws to control how fast food companies market to children As an epidemic obesity threatens to weaken the health economy and might of the most powerful nation in the world In *Killer Fat* Natalie Boero examines how and why obesity emerged as a major public health concern and national obsession in recent years Using primary sources and in depth interviews Boero enters the world of bariatric surgeries Weight Watchers and Overeaters Anonymous to show how common expectations of what bodies are supposed to look like help to determine what sorts of interventions and policies are considered urgent in containing this new kind of disease Boero argues that obesity like the traditional epidemics of biological contagion and mass death now incites panic a doomsday scenario that must be confronted in a struggle for social stability The war on obesity she concludes is a form of social control *Killer Fat* ultimately offers an alternate framing of the nation's obesity problem based on the insights of the Health at Every Size movement

Critical Bodies S. Riley, M. Burns, H. Frith, S. Wiggins, P. Markula, 2007-11-28 Using work produced from the critical and postmodern arena in social sciences this book examines three key areas representation identities and practice to explore and interrogate how body and weight management subjectivities experiences and practices are constituted within and by the normative discourses of contemporary western culture

The Oxford Handbook of the Social Science of Obesity John Cawley, 2011-11-17 There is an urgent need to better understand the causes and consequences of obesity and to learn what works to prevent or reduce obesity This volume accurately and conveniently summarizes the findings and insights of obesity related research from the full range of social sciences including anthropology economics government psychology and sociology It is an excellent resource for researchers in these areas both bringing them up to date on the relevant research in

their own discipline and allowing them to quickly and easily understand the cutting edge research being produced in other disciplines The Oxford Handbook of the Social Science of Obesity is a critical reference for obesity researchers and is also valuable for public health officials policymakers nutritionists and medical practitioners The first section of the book explains how each social science discipline models human behavior in particular diet and physical activity and summarizes the major research literatures on obesity in that discipline The second section provides important practical information for researchers including a guide to publicly available social science data on obesity and an overview of the challenges to causal inference in obesity research The third part of the book synthesizes social science research on specific causes and correlates of obesity such as food advertising food prices and peers The fourth section summarizes social science research on the consequences of obesity such as lower wages job absenteeism and discrimination The fifth and final section reviews the social science literature on obesity treatment and prevention such as food taxes school based interventions and medical treatments such as anti obesity drugs and bariatric surgery

Macro-Social Marketing Insights Ann-Marie Kennedy, 2019-07-15 Macro social marketing is an approach to solving wicked problems Wicked problems include obesity environmental degradation smoking cessation fast fashion gambling and drug and alcohol abuse As such wicked problems are those problems that are so complex and multifaceted it is difficult to define the exact problem its contributing factors and paths to a solution Increasingly governments NGOs and community groups are seeking to solve these types of problems In doing so the issues with pursuing macro level change are beginning to emerge Issues stem from the interconnected nature of stakeholders involved with a wicked problem where one change may create a negative ripple effect of both intended and unintended consequences Macro social marketing then provides a holistic and systemic approach to both studying and solving wicked problems Within the chapters of this book macro social marketing approaches to analysing and defining wicked problems to identifying stakeholders and potential ripple effects and to implementing macro level change are presented In this emerging area of academia the theories models and approaches outlined in this book are cutting edge and provide a critical approach from top researchers in the area Both practical and theoretical aspects are presented as well as caveats on such societal and or country wide change A must have for social marketing academics and those interested in macro level change at a practical or theoretical level

Fashioning Fat Amanda M. Czerniawski, 2015-01-30 For two and a half years Amanda Czerniawski was a sociologist turned plus size model Journeying into a world where as a size 10 she was not considered an average body type but rather for the fashion industry plus sized Czerniawski studied the standards of work and image production in the plus sized model industry Fashioning Fat takes us through a model s day to day activities first at open calls at modeling agencies and then through the fashion shows and photo shoots Czerniawski also interviewed 35 plus size models about their lives in the world of fashion bringing to life the strange contradictions of being an object of non idealized beauty Fashioning Fat shows us that the mission of many of these models is to challenge our standards of beauty that privilege the thin body

they show us that fat can be sexy Many plus size models do often succeed in overcoming years of self loathing and shame over their bodies yet as Czerniawski shows these women are not the ones in charge of beauty s construction or dissemination At the corporate level the fashion industry perpetuates their objectification Plus size models must conform to an image created by fashion s tastemakers as their bodies must fit within narrowly defined parameters of size and shape an experience not too different from that of straight sized models Ultimately plus size models find that they are still molding their bodies to fit an image instead of molding an image of beauty to fit their bodies A much needed behind the scenes look at this growing industry Fashioning Fat is a fascinating unique and important contribution to our understanding of beauty *The Fat Jesus* Lisa Isherwood,2008 We are living in a food and body image obsessed culture We are encouraged to over consume by the marketing and media that surround us and then berated by those same forces for doing so At the same time we are bombarded with images of unnaturally thin celebrities who go to enormous lengths to retain an unrealistic body image either by extremes of dieting or through plastic surgery or both The spiritual realm is not immune from these pressures as can be seen in the flourishing of biblically and faith based weight loss programs that encourage women to lose weight physically and gain spiritually Isherwood examines this environment in light of Christian tradition which has often had a difficult relationship with sexuality and embodiment and which has promoted ideals of restraint and asceticism She argues that part of the reason for our current obsession and bizarre treatment of issues around weight size and looks is that secular society has unknowingly absorbed many of its negative attitudes towards the body from its Christian heritage Isherwood argues powerfully that there are resources within Christianity that can free us from this thinking and lead us towards a more holistic incarnational view of what it is to be human The Fat Jesus provides a fascinating study of the complex ways that food women and religion interconnect and proposes a theology of embrace and expansion emphasizing the fullness of our incarnation

Martial Arts Revealed Jamie A. Seabrook,2003-06-15 Learn about the enormous benefits one can receive from consistent martial arts training physically psychologically and spiritually Martial Arts Revealed reports on issues that are critical to every person involved in the martial arts What steps should be taken to avoid a potential fight situation Which factors affect the psychosocial characteristics of children involved in martial arts Are the martial arts as safe as other mainstream sports activities How can Tai Chi benefit the elderly At the same time Martial Arts Revealed will outline some of the more common challenges occurring today For example it will also address important subtopics such as The association between competitive martial artists and eating disorders The problem of competing martial arts organizations Martial arts rivalries Head injuries in highly competitive tournaments Mental health of higher education students Agnes Lai,Wing Fai Yeung,2023-01-09

Questioning Gender Robyn Ryle,2016-12-08 A one of a kind text designed to launch readers into a thoughtful encounter with gender issues Questioning Gender A Sociological Exploration Third Edition serves as a point of departure for productive conversations about gender and as a resource for exploring answers to many of those questions Rather than providing

definitive answers this unique book exposes readers to some of the best scholarship in the field that will lead them to question many of their assumptions about what is normal and abnormal The author uses both historical and cross cultural approaches as well as a focus on intersectionality and transgender issues to help students understand the socially constructed nature of gender

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