



Welcome to the August 2023 YORA newsletter. This month we talk about weight stigma, open registration for our next event and provide you with a plethora of upcoming events, resources and opportunities.

## FOCUS TOPIC: WEIGHT STIGMA

People living with obesity deserve compassionate, non-judgemental and person-centred care. Unfortunately, weight stigma; discriminatory acts and ideologies targeted towards individuals because of their weight and size, is prevalent. Such views only serve to increase stigma, which can lead to psychological and emotional distress, avoidance of care, reduced adherence to treatment and lower trust of healthcare professionals. It is for this reason that our next YORA event will focus on weight stigma in healthcare and research (details within the upcoming events section of this newsletter). Ahead of this event, we would like to encourage all members to take the [Harvard Weight Implicit Association Test \(IAT\)](#), and read the open access article '[How and why weight stigma drives the obesity 'epidemic' and harms health](#)'.

## UPCOMING EVENTS:

- 19/09: Yorkshire Obesity Research Alliance (YORA) Event 10: **[Addressing Weight Stigma in Healthcare & Research](#)** (free, online, 2-4)

## CONTACT US:

For more information please see our [Website](#) / [Twitter](#) account, or get in contact with the programme coordinators: Dr [Jordan Marwood](#) / Dr [Alice Bullas](#).

## UPCOMING EVENTS CONT'D:

- 25/09: **[Doncaster's Health Determinants Research Collaboration \(HDRC\)](#)** - **[Health Research Conference](#)** (free, in person at Waterdale Doncaster< 10-3:30)
- 27/09: South Yorkshire Children and Young People's Alliance - **[How do we work together to keep children healthy](#)** (reducing obesity in CYP) (free, in person at Rotherham United Football Club, 9:30-12:30)

## USEFUL RESOURCES:

- **NEW PUBLICATION** (July '23): [An evaluation of tier 2 weight management services in the Yorkshire and Humber region](#)
- **NEW PUBLICATION** (July '23): [A Qualitative Study of the Experiences of Obesity, Body Image, and Mental Health of British-Born Afro-Caribbean Male Students at a West Yorkshire University in England](#)
- **NEW REPORT** (July '23): GOV.UK - [SACN report: feeding young children aged 1 to 5 years](#)
- **NEW REPORT** (JULY '23): Gasol Foundation/ Spanish Government - [Advertising, food and children's rights in Spain](#). English overview available from [European Public Health Alliance](#).
- **NEW REPORT** (July '23): IFS - [The cost of obesity](#).
- **NEW REPORT** (July '23): UK Parliament - [Food Security](#).

## UPCOMING OPPORTUNITIES:

- **TRAINING:** FREE Weight Managements for Adults for healthcare professionals (HCPs) and trainees in Hull to increase HCPs' knowledge of obesity. Please refer to the [flyer](#) and contact [Varun Anand](#).
- **TRAINING:** [General Practice Improvement Programme](#), a key NHS England-funded support offer outlined in the Delivery Plan for Recovering Access to Primary Care. [Find out more here](#).
- **TRAINING:** [OHID](#) 'All Our Health' framework eLearning sessions available [here](#).
- **TRAINING:** NIHR CRN group [EMRI](#) is developing a Cultural Competency Training Course for research staff and need YORA members to attend a sandbox session in Sheffield on 05/10/23 to give feedback before it goes live. For more information contact [Gail Baggley](#).