

Following are the original references for "Collateral Damage in the 'War on Obesity': Fat Kids, Dieting & Eating Disorders," the chapter by Peggy Elam, Ph.D. in the book *Fat Kids: Truth and Consequences* (2014, Rebecca Weinstein, Beaufort Books).

The original chapter manuscript was edited to reduce its length and the footnoted references removed to achieve consistency in style with the rest of the book.

Friedman, Dawn (Spring 2012). Weighing Down Our Children: The Battle Against Childhood Obesity. *BrainChild: The Magazine for Thinking Mothers*.

Associated Press (July 17, 2010). Obesity bigger threat than terrorism? Published online at www.cbsnews.com (http://www.cbsnews.com/2100-204_162-1361849.html). Others have reported Carmona calling "obesity a greater threat than weapons of mass destruction" as early as 2003.

Moynihan, Ray (June 17, 2006). Obesity task force linked to WHO takes "millions" from drug firms. *British Medical Journal*, Vol 332.

Olshansky, SJ, Passaro, DJ, Hershow, RC, Layden J, Carnes BA, Brody J, Hayflick L, Butler RN, Allison DB, Ludwig DS (2005). A potential decline in life expectancy in the United States in the 21st century. *New England Journal of Medicine*, 352:1138-1145.

Gibbs, W.W. (June 2005). Obesity: an overblown epidemic? *Scientific American*, 292 (6).

Center for Consumer Freedom (March 17, 2005). Life expectancy: Another Obesity Myth Debunked. www.consumerfreedom.com.

Luik, John (April 17, 2006). Fat Kids: Fears, Fictions and Facts Part II. *TCS Daily*.

The Columbus Dispatch (July 18, 2011). More young children are alarmingly thin.

Pinhas L, McVey G, Walker KS, Norris M, Katzman D & Collie S (2013). Trading health for a healthy weight: The uncharted side of healthy weights initiatives. *Eating Disorders: The Journal of Treatment and Prevention*, 21:2, 109-116.

Sim, Leslie A., Lebow, Jocelyn & Billings, Marcie (2013). Eating disorders in adolescents with a history of obesity. *Pediatrics* 132(4), e1026-1030.

Keys, A, Brozek, J, Henschel, A, Mickelson, O, Taylor, HL (1950) *The Biology of Human Starvation*. University of Minnesota Press.

Leas, Connie (2003). *Fat: It's Not What You Think*. Prometheus Books . (p. 73)

Croll J, Neumark-Sztainer D, Story M, Ireland M (2002). Prevalence and risk and protective factors related to disordered eating behaviors among adolescents: relationship to gender and ethnicity. *J Adolesc Health*, 31(2), 166-175.

Sims, LA, unpublished data reported in Sim et al (2013).

Peebles, R., Hardy K.K., Wilson J.L., Lock J.D. (2010). Are diagnostic criteria for eating disorders markers of medical severity? *Pediatrics*, 125, e1193. Available online at <http://pediatrics.aapublications.org/content/125/5/e1193.full.html>.

Associated Press (September 1, 1983). Fat-fear may delay maturity. *The New York Times*.

Lynne Grefe, president of the National Eating Disorders Association, quoted in USA Today (September 2013).

Swanson, S.A., Crow, S.J., Le Grange, D.; Swendsen, J., Merikangas, K.R. (2011). Prevalence and correlates of eating disorders in adolescents: results from the national comorbidity survey replication adolescent supplement. *Archives of General Psychiatry*, 68(7): 714-723. Cited in Sim et al (2013).

Kuczmarski, R.J., Ogden, C.L., Guo, S.S., Grummer-Strawn, L.M., Flegal, K.M., Mei, Z., et al. (2002). 2000 CDC growth charts for the United States: methods and development. *Vital Health Stat* 11, 246: 1-190. Cited in Sim et al (2013).

Becker. Anne E. & Hamburg, Paul (1996). Culture, the Media, and Eating Disorders. *Harvard Review of Psychiatry*.

Field, Alison E., Austin, S.B., Taylor, C.B., Malspeis, Susan, Rosner, Bernard, Rockett, Helaine R., Gillman, M.W., & Colditz, Graham A. (October 2003). Relation between dieting and weight change among preadolescents and adolescents. *Pediatrics*, 112(4).

Samaha, Albert (October 2, 2013). Type miscast: An Elmhurst doctor's type 2 diabetes misdiagnosis results in the death of a six-year-old girl. *New York Times*.

Merikangas et al (2010). "Lifetime prevalence of mental disorders in U.S. adolescents, results from the National Comorbidity Survey Replication -- Adolescent Supplement (NCS-A), *Journal of the American Academy of Child and Adolescent Psychiatry*, 29(10), 980-9; discussed by Jon Robison, Ph.D. in the

Absolute Advantage issue *Helping without Harming: Kids, Eating, Weight & Health*.

Robison, Jon (2007). Kids, eating, weight and health: helping without harming. *Absolute Advantage*, 7(1).

Matsumoto, Nancy. (September 2013). For Students, Perils of Weight Bias, Anti-Obesity Programs: Guidelines for childhood obesity prevention programs, exposing bias. *Psychology Today* website.

On the Whole blog (November 7, 2006). How campaigns to “prevent obesity” hurt those they purport to help.

Goodman, W. Charisse (1995). *The Invisible Woman: Confronting Weight Prejudice in America*. Gurze Books.

Hansen, Jennifer. October 21, 2013). Comment on “Bullying For Our Own Good,” *Dances with Fat* blog.

Pyctsi (October 21, 2013). Comment on “Bullying For Our Own Good,” *Dances with Fat* blog.

Erdman, Cheri K. (1996). *Nothing to Lose: A Guide to Sane Living in a Larger Body*. HarperCollins.

Cool, Carmen (November/December 2007). Changing the Conversation: From “Preventing Obesity” to Promoting Health for ALL Children. *Absolute Advantage*, 7(1).

Mayer, K. (1993). *Real Women Don't Diet*. Bartleby Press. Quoted in Berg, Frances M. (1997). *Afraid to Eat: Children and Teens in Weight Crisis*.

Zeckhausen, Dina (March 9, 2008). Childhood Obesity and the Schools: Shame hurts more than helps. *Atlanta Journal-Constitution*.

Oliver, J. Eric (2006). *Fat Politics: The Real Story Behind America's Obesity Epidemic*. Oxford University Press.

Bacon, Linda & Aphramor, Lucy (2011). Weight science: Evaluating the evidence for a paradigm shift. *Nutrition Journal*, 10(9).

Hoyle, Brian (May 11, 2010). Overweight & obese children eat less than their healthy weight peers. *Medscape.com*.

Johns Hopkins Bloomberg School of Public Health (November 2, 2009). Decrease in physical activity may not be a factor in increased obesity rates among adolescents. Press release.

Zabinski, MF, Selens, BE, Stein, RE, Hayden-Wade, HA & Wilfley, DE (2003). Overweight children's barriers to and support for physical activity. *Obesity Research*, 11: 238-246.

Serdula, et al, Do Obese Children Become Obese Adults? A Review of the Literature. *Preventive Medicine*, 1993, 22:167-17.

Mustillo, Sarah A, Budd, Kristen & Hendrix, Kimber (September 2013) "Obesity, labeling, and psychological distress in late-childhood and adolescent black and white girls: The distal effects of stigma." *Social Psychology Quarterly*, 78:3, pp 278-289.

Muenning, Peter, Haomiao, Jia, Lee, Rufina, & Lubetkin, Erica (March 2008). I Think Therefore I Am: Perceived Ideal Weight as a Determinant of Health. *American Journal of Public Health*, 98:3, pp 501-506.

Harding, Anne (January 30, 2008). Feeling fat may be worse for you than being fat. Reuters.

ABC13. (October 30, 2013). ND woman handing out letters, not Halloween candy to kids she considers 'overweight.'

HealthDay (September 11, 2008). Bullying Top Concern of Parents with Overweight Child.

HuffPost Lifestyle United Kingdom (January 8, 2012). Bullied children under 10 turn to diets to cope with weight anxieties.

Newswise (September 20, 2007). Many overweight teens have same eating disorders as thin peers.

McMichael, Lonie (2013). *Acceptable Prejudice? Fat, Rhetoric & Social Justice*. Pearlsong Press.

Jackson, Elizabeth (November/December 2007). Changing the Conversation: From 'Getting Kids Thin' to Promoting Nurturing Eating for ALL Children. *Absolute Advantage*, 7(1).

Yeoman, Fran & Bennett, Rosemary (February 3, 2007). Antiobesity message 'is driving girls to anorexia.' *The Times*.

ScienceBlog.com (June 16, 2011). Children as young as 10 vomit to lose weight, with highest rates in boys.

Cool, Carmen. (2007). "Changing the Conversation: from 'Preventing Obesity' to Promoting Health for ALL Children. In Robison, Jon (Ed.) (November/December 2007) *Helping Without Harming: Kids, Eating, Weight and Health. Absolute Advantage: The Workplace Wellness Magazine*, 7 (1).

Puhl, Rebecca M, Peterson, Jamie Lee & Luedicke, Joerg (January 2013). Weight-based Victimization: Bullying Experiences of Weight-Loss Treatment-seeking Youth. *Pediatrics*, 131(1).

Rauner RR, Walters RW, Avery M & Wanser TJ (August 2013). "Evidence that aerobic fitness is more salient than weight status in predicting standardized math and reading outcomes in fourth- through eighth-grade students. *J Pediatr*, 163(2). 344-8.

Matthews, Laura (November 14, 2011). Ashlynn Conner, 10, allegedly commits suicide because of bullying. *International Business Times*.

BBC News Somerset (June 2012). Fiona Geraghty inquest: Coroner attacks fashion industry and media.

FoxNews.com (October 15, 2013). Girls, 12 and 14, arrested in death of bullied Florida girl who killed herself.

Gorman, Ryan (August 30, 2013). 'If I stabbed myself, would anyone miss me?': Tragic message of boy, 15, who killed himself on the first day back at school 'because he couldn't bear being bullied by classmates again.' *Mail Online* (<http://www.dailymail.co.uk/news/article-2407001/Bart-Palosz-Connecticut-teen-kills-day-school-bullied.html>).

Dubreuil, Jim & McNiff, Eamon (October 15, 2010). Bullied to Death in America's Schools.

Lumeng, J.C., Forrest, P., Appugliese, D.P., Kaciroti, N., Corwyn, R.F., Bradley, R.H. (2010). Weight status as a predictor of being bullied in third through sixth grades. *Pediatrics* (125 (6).

Krukowski, R.A., West, D.S., Perez, A.P., Bursac, Z., Phillips, M.M., Raczynski, J.M. (2009). Overweight children, weight-based teasing and academic performance. *Int J Pediatr Obes*, 4.

Sherman, Jill (August 16, 2008). Fat children 'should be taken from parents' to curb obesity epidemic. *The Times*.

Robison, Jon (2007) Kids, eating, weight & health. *Absolute Advantage*, 7(1).

Zabinski, MF, Selens, BE, Stein, RE, Hayden-Wade, HA & Wilfley, DE (2003). Overweight children's barriers to and support for physical activity. *Obesity Research*, 11: 238-246.

Hayes, D. (February 7, 2012). Strong bodies, smart brains: promoting healthy weights for all kids in schools [unpublished lecture notes]. Nutrition File Seminar 2012, Edmonton Marriott at River Cree Resort, lecture cited in Chute, J. (June 2012). Emerging topics in weight management: Challenging conventional wisdom. *Nutrition File for Health Educators*.

Robison, Jon (Ed.) (November/December 2007). Helping Without Harming: Kids, Eating, Weight and Health. *Absolute Advantage: The Workplace Wellness Magazine*, 7 (1).