



Weight Stigmatizing versus Weight Inclusive Healthcare

(Activity Code: AGI-03-P119)

January 30th 2023, 1pm - 4pm

Venue: ITQAN Clinical Simulation & Innovation Center

Target Audience: All Healthcare Professions

Aim:

To enable participants to understand the role of the health system as part of a society that is oppressive for people with larger bodies, how it harms people, even unintentionally, and how to do better to improve the health and wellbeing of people with larger bodies and reduce health inequities.

Speakers:

Dr. Lily O'Hara: Associate Professor of Public Health, College of Health Sciences, Qatar University-Health

Ms. Sana Elashie: BSc Public Health Research Assistant, Planning and Statistics Authority, College of Health Sciences, Qatar University-

Time and Speakers	Schedule and Learning outcomes
1:00-1:05 Dr Zachariah Nazar	Welcoming and introduction
1:05-2:15 Dr Lily O'Hara and Ms Sana Elashie	Describe the ways that weight stigma manifests as intrapersonal, interpersonal, institutional, and ideological weight-based oppression
2:15-2:30	Coffee Break
2:30-3:00 Dr Lily O'Hara and Ms Sana Elashie	Describe the impact of weight-based oppression on health and wellbeing
3:00-4:00 Dr Lily O'Hara and Ms Sana Elashie	Identify and commit to undertaking at least one action to reduce weight-based oppression and enhance weight justice and fat liberation

* The scientific planning committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of this CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

* "This activity is an Accredited group learning activity (Category 1) as defined by Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum number of 3 Hours."

* "CPD-HP (QU—Health) is accredited by Ministry of Public Health's Department of Healthcare Professions - Accreditation Section (DHP – AS) as a provider of continuing professional development."



**Dr. Lily O'Hara, BSc, PG Dip Hlth Prom, MPH, PhD,
LMAHPA**



Dr Lily O'Hara is Associate Professor of Public Health at Qatar University-Health

She is a public health and health promotion educator and practitioner with experience in Australia, United Arab Emirates and Qatar. Lily has worked on community, workplace, and school-based programs addressing a broad range of health and wellbeing issues. She has an international reputation as a researcher and advocate for weight justice and body liberation. Her research focuses on analyzing oppressive public health, medical, commercial, and societal approaches to body weight and their inequitable impact on people with larger bodies. Most recently she has conducted studies on experiences of weight-based oppression in Qatar, and the representation of people with higher body weight in COVID-19 vaccine trials. Her research also focuses on developing ethical, evidence-based, salutogenic public health initiatives for body liberation using the social justice-based Health at Every Size approach. Recent studies include evaluating the impact of a campus-based body liberation event on female QU students, and process and impact evaluation of an online Be Body Positive facilitator training program undertaken by female QU Health students. More broadly, Lily's research also focuses on developing the critical health promotion competencies of the community, workforce, and institutions through the development and implementation of the Red Lotus Critical Health Promotion Model. Lily has presented her research at international conferences and published in international peer reviewed journals. Her paper What's Wrong With the 'War on Ob*sity?' A Narrative Review of the Weight-Centered Health Paradigm and Development of the 3C Framework to Build Critical Competency for a Paradigm Shift has almost 60,000 views and downloads.

Dr. Lily presented at the US Congressional Briefing on weight-based oppression, appeared on the Fat Doctor podcast and the Middle East Eating Disorder Association podcast, and provided consultancy support on weight justice and body liberation to Massachusetts General Hospital (part of Harvard University), California North State University, International Association for Size Diversity and Health, National Association to Advance Fat Acceptance, JSI Research and Training Institute, and Qatar Ministry of Public Health.



**Ms. Sana Elashie, BSc Public Health Research Assistant,
Planning and Statistics Authority**

Ms Sana A. Elashie is a Master of Public Health student at Qatar University. She has a Bachelor of Health Science in Public Health from Qatar University, with a concentration in health education and health promotion. She received the prestigious Dean's List academic award in 2016, 2019 and 2020. As an undergraduate student, Sana was a student researcher on the project "Evaluating the impact of a brief Health at Every Size[®]-informed health promotion activity on body positivity and internalized weight-based oppression" and is co-author of posters and the paper from the project published in 2021 in the Q1 journal Body Image. After graduation, Sana joined the Ministry of Public Health as a Communicable Disease Investigator, where she worked on the project "Innovative Labor Camps Risk Assessment Tool in Regard to Coronavirus Disease (COVID-19) in Qatar: Case-Report Study".

She completed an internship at the World Innovation Summit for Health (WISH) where she facilitated research projects examining public understanding about palliative care, strategies to increase collaboration among health service providers, and physical activity and COVID-19. Sana is currently a research assistant at the Planning and Statistics Authority facilitating the project of modernizing official statistics in the State of Qatar. Sana is a passionate public health professional with experience in facilitating individual, group, and community health promotion programs to meet diverse needs by constructing and tailoring opportunities to improve health literacy, knowledge, and life skills. Sana has lived experience of weight-based oppression.