Kathy Kater, LICSW
Psychotherapist, Eating Disorder Treatment and Prevention Specialist
2497 7th Avenue East, Suite 109
North St. Paul, MN 55109
Phone: 651 770 2693    Website: www.BodyImageHealth.org    Email: kathykater@isd.net

Documentation for Core Principles Presented in the Healthy Bodies: Teaching Kids What They Need to Know curriculum (the short list). An extensive reference section is included in the back of book.


Friedman, R, Puhl, R (2012). Weight Bias; a Social Justice Issue: A Policy Brief. Yale Rudd Center for Food Policy and Obesity. Yale University, New Haven, CN


For an extensive list of additional research publications and other resources on the causes, prevalence and consequences of weight bias and weight stigma visit www.ruddcenter.org