



# MEDIA REPRESENTATIONS OF EATING DISORDERS IN UNDERREPRESENTED POPULATIONS

A RESOURCE LIST BY FEDUP COLLECTIVE

*Any representation of us gave us significance, gave us weight.  
Made us not just into some forgotten ghosts of American history.  
-Shane Hawk, Anoka*

Media are listed alphabetically by last name of Author(s), Editor(s), Creator(s), Producer(s), etc.  
Where possible, links are provided for convenience.



## BOOKS

[Not All Black Girls Know How to Eat: A Story of Bulimia](#) by Stephanie Covington Armstrong

[Radical Belonging: How to Survive and Thrive in an Unjust World](#) by Lindo Bacon

[Sick Enough: A Guide to the Medical Complications of Eating Disorders](#) by Jennifer Gaudiani, MD, CEDS, fAED <sup>1</sup>

[Hunger: A Memoir of \(My\) Body](#) by Roxanne Gay

[Lesbian Crushes and Bulimia: A Diary on How I Acquired My Eating Disorder](#) by Natasha Holme

[Hood Feminism: Notes From the Women a Movement Forgot](#) by Mikki Kendall <sup>2</sup>

[Heavy: An American Memoir](#) by Kiese Laymon

[Blossoming](#) by Alishia McCullough

[MeaningFULL: 23 Life-Changing Stories of Conquering Dieting, Weight, & Body Image Issues](#) by Alli Spotts-de Lazzer <sup>3</sup>

[Fearing the Black Body: The Racial Origins of Fat Phobia](#) by Sabrina Strings, PhD

[The Body Is Not An Apology: The Power of Radical Self-Love](#) by Sonya Renee Taylor <sup>4</sup>

[A Hunger So Wide and So Deep: A Multiracial View of Women's Eating Problems](#) by Becky Thompson <sup>5</sup>

[Adapting Evidence-Based Treatments to Novel Populations and Settings](#) ed. by Tortolani, Goldschmidt, and Le Grange <sup>6</sup>

[Unashamed: Musings of a Fat, Black Muslim](#) by Leah Vernon

[Release: A Bulimia Story](#) by Syd Yang

## ADDITIONAL NOTES ON THE CHOICES

<sup>1</sup> Dr. Gaudiani offers a variety of different clinical examples throughout the book and is intentional expanding these beyond the stereotypical depictions

<sup>2</sup> In particular, see chapter eight, titled "Black Girls Don't Have Eating Disorders"

<sup>3</sup> It's worth noting here that Spotts-de Lazzer is a white cis-hetero woman and does share her own story in the book. However, the other 22 stories are written in the storytellers' own words and include storytellers from a variety of genders, races, ages, and sizes.

<sup>4</sup> There is now an accompanying workbook as well, called [Your Body is Not An Apology: Tools for Living Radical Self Love](#).

<sup>5</sup> Similar to [MeaningFULL](#), this text is written by a white female, but was groundbreaking at the time of its publication for the way it centers the experiences of the Black, Latinx, and lesbian women she extensively interviewed.

<sup>6</sup> *Chapter 3: Where is the Evidence of Evidence-Based Treatment for LGBTQIA+ Individuals Experiencing Eating Disorders?* is co-authored by two FEDUP team members!

## FILMS & TV



[Me Little Me](#) (Forthcoming) - Directed and produced by Elizabeth Ayiku <sup>1</sup>

[Swallow](#) (2020) - Directed by Carlo Mirabella-Davis

[Solace](#) (2018) - Written, directed, and produced by Tchaiko Omawale

[The Road Within](#) (2014) - Directed by Gren Wells

*Grey's Anatomy*, Season 1 Episode 5 "[Shake Your Groove Thing](#)"

<sup>1</sup> Ayiku describes *Me Little Me* as a prequel to 2017's short film [Little Elizabeth](#), which won Art With Impact's film award for the mental health category in February 2018 and is a compassionate message for anyone in recovery.

## WORTH A FOLLOW



## PODCASTS

### FOOD/BODY PODCASTS CREATED BY HUMANS IN MARGINALIZED & OPPRESSED BODIES

"[Food is Not Bae](#)" (Dr. Ebony Butler)

"Be Well, Sis: The Podcast" (Dr. Cassandre Dunbar)  
[Episode 4: Yes, Black Women Get Eating Disorders, Too](#)

"[Needy](#)" (Mara Glatzel)

"[Encouraging Dietitian](#)" (Christyna Johnson)

"[The Food Heaven Podcast](#)" (Wendy Lopez and Jessica Jones)

"[Body Trauma Podcast](#)" (Nia Patterson)

"[Living in this Queer Body](#)" (Asher Pandjiris)

"The Black Girl Healing Project Podcast" (Jennifer Sterling)  
[Episode 3: Black Women and Eating Disorders](#)  
[Episode 6: Black Women and Emotional Eating](#)

### PODCAST EPISODES FEATURING GUESTS IN MARGINALIZED & OPPRESSED BODIES

"[Food Psych](#)" (Christy Harrison)

A lot of great episodes here! A sampling:

*Episode 263: Update on COVID-19 and Weight and (Re)Claiming Queer, Trans, and Autistic Identities in ED Recovery with Haley Jones, Certified Body Trust Provider*

*Episode 255: Diet Culture, Dysfunctional Relationships, and Decolonizing the Body with HAES Social Worker Noel Ramirez*

*Episode 150: Disordered Eating and Gender Identity with Dr. Sand Chang*

"Recovery Bites" (Karin Lewis) <sup>1</sup>

[Episode: Two Queer Perspectives on Eating Disorder Recovery with thirdwheelED](#)

<sup>1</sup> Lewis's podcast is one that interviews (primarily) recovered professionals and thus the guest list - like the ED field itself - is primarily composed of thin, white, cis het females. So while the discussion of social justice often comes up, it is limited due to the nature of the guests. As such, it might not be worth subscribing to, but there are occasionally guests outside this typical demographic, so perhaps worth the occasional look to see who has been on.