


# Rachel Fox, MS, MA, PhD

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**ACADEMIC APPOINTMENTS** | **2024 | Assistant Professor of Interdisciplinary Studies, Grand Valley State University**  
School of Interdisciplinary Studies, Brooks College of Interdisciplinary Studies

**EDUCATION** | **2024 | PhD in Communication, Science Studies, & Critical Gender Studies**  
**University of California, San Diego**  
Dissertation: *Misdiagnosing Fat Oppression: Weight Stigma and the Anti-Obesity Assemblage*  
Boatema Boateng, Committee Co-Chair  
David Serlin, Committee Co-Chair

**2018 | Master of Arts in Communication, University of California, San Diego**

**2015 | Master of Science in Narrative Medicine, Columbia University**

**2014 | Bachelor of Arts in Biology, Wesleyan University**

**RESEARCH INTERESTS** |

- Fat Studies
- Science and Technology Studies
- Feminist Studies/Critical Gender Studies
- Weight Stigma
- Disability Studies
- Critical Media Studies

**WRITING** | **Peer Reviewed Articles**

Basinger, E., Arroyo, A., Asbury, M., **Fox, R.**, Otis, H., Miller, N., Giles, H., & Turner, M. (2025). Dialogue on Difference: Fat Liberation in Communication. *Communication Monographs*, 1–19. <https://doi.org/10.1080/03637751.2024.2444318>

**Fox, R.**, Park, K., Hildebrand-Chupp, R., & Vo, A. T. (2023). Working toward eradicating weight stigma by combating pathologization: A qualitative pilot study using direct contact and narrative medicine. *Journal of Applied Social Psychology*. <https://doi.org/10.1111/jasp.12717>

**Fox, R.** (2019). Obesity: The Post Mortem: Reviving History and Dehumanizing Fatness via Televised Dissection. *Women's Studies*, 48(3), 223–245. <https://doi.org/10.1080/00497878.2019.1594812>

**Fox, R.** (2018). Against progress: Understanding and resisting the temporality of transformational weight loss narratives. *Fat Studies*, 7(2), 216–226. <https://doi.org/10.1080/21604851.2017.1372992>

Reprinted in [\*The Future is Fat: Theorizing Time in Relation to Body Weight and Stigma\*](#). 2021, Taylor & Francis/Routledge.

### **Book Chapters**

**Fox, R.** (Forthcoming). The (Mis)Use of Fat Performance in Weight Stigma Interventions with Health Professionals. *The Fat Performance Reader*, Under Contract with *Intellect Books*.

### **Book Reviews**

**Fox, R (2021).** "Fat by Hanne Blank." *Emotion, Space and Society*, 38:C, <https://doi.org/10.1016/j.emospa.2020.100761>

**Fox, R (2018).** "Why Diets Make Us Fat by Sandra Aamodt." *Fat Studies*, 7:2, 240-242, <https://doi.org/10.1080/21604851.2017.1369344>

### **Writing for a General Audience**

**Fox, R.** (2022, May 17). Valuing Fatness: A Fat Studies Reading List. *Pipe Wrench*. <https://pipewrenchmag.com/fat-studies-reading-list/>

**Fox, R.** (2021, November 17). Fat Pain is Not Your Profundity. *The Polyphony*. <https://thepolyphony.org/2021/11/17/fat-pain-is-not-your-profundity/>  
Reprinted by the *International Society of Critical Health Psychology*  
<https://ischp.net/2022/05/12/fat-pain-is-not-your-profundity/>

**Fox, R.** (2021, July 22). An Open Letter to the Well-Intentioned Medical Students Who Want to Do a Capstone Project on Weight Stigma. *Medium*. <https://medium.com/@rachel.fox/an-open-letter-to-the-well-intentioned-medical-students-who-want-to-do-a-capstone-project-on-weight-c3501b1d8f9f>  
Reprinted in the *Weight and Healthcare Newsletter*  
<https://weightandhealthcare.substack.com/p/letter-to-med-students-doing-a-weight>

**Fox, R.** (2014, June 17). Too Fat to Be a Scientist? *The Chronicle of Higher Education*. <https://www.chronicle.com/blogs/conversation/too-fat-to-be-a-scientist>  
Covered by NPR *Cosmos & Culture*: [A Fresh Cry Of Pain: Fat-Shaming In Science](#)

### **HONORS & AWARDS**

**2023 – 2024 | UC President's Dissertation Year Fellowship** UC San Diego

**2023 | Recognition of Expertise in Equitable and Evidence-Based Teaching** UC San Diego

**2021 | Inaugural Junior Fellow** Centre for Fat Liberation and Scholarship

**2021 | Democracy Lab Mini-Grant + Stipend** UC San Diego

**2020 | Judith and Neil Morgan Fellowship** UC San Diego

**2016 – 2020 | Kroner Family Dean's Fellowship** UC San Diego

**2017 | Narrative Medicine Fellowship** Columbia University

**2017 | Research Grant** USC Keck School of Medicine

2016 | First Year Fellowship UC San Diego

**TEACHING  
EXPERIENCE**

**Instructor of Record**

**2024 – Present | Grand Valley State University** School of Interdisciplinary Studies/ Frederik Meijer Honors College

*INT 201: Diversity in the United States*

*HNR 351: Medicine, Health, and Oppression*

*HNR 201: Live, Learn, Lead*

**2021 | UC San Diego** Department of Communication

*COMM 108G: Politics of Bodies: Gender and Biomedicine*

**2016 | Sarah Lawrence College** Master's of Health Advocacy Program

*Graduate Seminar: Illness & Disability Narratives*

**2015 – 2016 | Rutgers University** Women's and Gender Studies Department

*Introduction to Gender, Race, and Sexuality*

**Graduate Teaching Consultant**

**2020 – 2023 | UC San Diego Teaching & Learning Commons, Engaged Teaching Hub**

**Core Planning Team Member & Facilitator:** Unpacking Anti-Blackness and Dismantling Systemic Racism in Educational Practices: An Action-Oriented Learning Community for UC San Diego Educators

**Original Workshops Developed & Facilitated:** Reimagining Teaching; Supporting Students While Preserving Yourself: Strategies for One-on-One Interactions; Setting Up a Good Mentoring Relationship & Giving Feedback on Graduate Student Writing; Teaching Tough Topics in DEI Courses; Demystifying Office Hours; Responding to Microaggressions in the Classroom; Evidence-Based Pedagogy for Neurodiverse Classrooms

**Remote Instructor:** Introduction to College Teaching; Course Design Series

**Additional Specializations:** Diversity, Equity, & Inclusion; Supporting Student Well-Being; Universal/Accessible Design; Syllabus Design; Teaching Observations and Consultations

**Teaching Assistant**

**2017 – 2020 | UC San Diego Department of Communication**

*COMM 100B: Communication, Culture, and Representation*

*COMM 100A: Communication, the Person & Everyday Life*

*COMM 10: Introduction to Communication*

*COMM 100C: Communication, Institutions, and Power*

**2015 – 2016 | Columbia University Masters in Narrative Medicine Program**

*Embodied Borderlands*

*Illness & Disability Narratives*

## SPEAKING | 2025

**Invited Series Speaker:** “The (Mis)Use of Fat Suffering in Weight Stigma Interventions,” Columbia University Narrative Medicine Volvox Alumni Forum, April 16, 2025.

## 2024

**Fox, R.** “Selling Stigma: Afflictive Power and Fat Oppression,” UC San Diego Science Studies Colloquium, November 25, 2024.

**Invited Workshop: Fox, R., Mercedes, M., & Kriete, M.** “Training the Trainers: How to Address Weight Stigma in DEI Efforts,” the University of Rochester School of Medicine and Dentistry, March 4 & 5, 2024.

**Invited Workshop: Fox, R., Mercedes, M., & Kriete, M.** “Understanding and Resisting Anti-Fatness in the Age of Ozempic,” Weight Inclusive Nutrition & Dietetics and Weight-Inclusive Dietitians in Canada, February 22, 2024.

**Invited Workshop: Fox, R., Mercedes, M., & Kriete, M.** Global Interprofessional Educational Workshop on Weight Stigma, the University of the Pacific, January 26, 2024.

## 2023

**Invited Workshop: Fox, R., Mercedes, M., & Kriete, M.** “Obesity Elimination Won’t Save Us: A Fat Activist Teach-In for Spotting Fat Oppression,” UCLA David Geffen School of Medicine, July 31, 2023.

**Invited Panelist:** “Reimagining Wellness: Confronting Weight Stigma, Fat Phobia, and Advancing Maternal Health,” Georgia Society for Public Health Education (GASOPHE), July 26, 2023.

**Fox, R., Mercedes, M., Kriete, M., & Payne, B.H.** Workshop: “Critiquing Fat Oppression in the Age of Wegovy,” International Weight Stigma Conference, June 28-29, 2023, Denver, CO, USA.

**Fox, R.** “Why Debunking the “Obesity Epidemic” Won’t Solve Weight Stigma,” International Weight Stigma Conference, June 28-29, 2023, Denver, CO, USA.  
<https://youtu.be/Oo3lxiCMHN0>

**Invited Presentation & Panelist:** “Why Debunking the “Obesity Epidemic” Won’t Solve Fat Oppression,” Philosophical Dimensions of Knowledge Production in The Science Of ‘Obesity’ Symposium, Cambridge, UK, June 22-23, 2023.

**Invited Series Speaker:** “*Fat Oppression* is a Feminist Issue: A Case for Feminist Divestment from the Anti-Obesity Assemblage,” UC Davis Trans Science & Technology Studies Research Cluster, April 5, 2023.

## 2022

**Fox, R.** “Hypothesizing Medicine as the Primary Source of Weight Stigma: Introducing the Medical Devaluation Model,” International Weight Stigma Conference, July 15, 2022, Berlin, Germany, Hybrid. <https://youtu.be/z0XBktJlnBc>

**Joint Conference Session:** “Medicine, Structural Stigma, and Pathologization: A New Approach toward Studying and Fighting Weight Stigma” with Rowan Hildebrand-Chupp, Katherine Gershfeld, and Corinne Grady

**Fox, R.** “Constructing Weight Stigma without Fat Politics: Entrenching Anti-Fatness in Stigma Interventions with Health Professionals,” Fat Studies New Zealand Conference, July 5-7, 2022, Remote. <https://youtu.be/O37bcjosqdg>

**Fox, R.** “Constructing Weight Stigma without Fat Politics: Entrenching Anti-Fatness in Stigma Interventions with Health Professionals,” Science Studies Program Conference, April 18, 2022, San Diego, CA.

### **2021**

**Fox, R.** “The Historiography of Fatness is Itself Oppressive,” Science Studies Student Choice Speaker Conference, April 9, 2021, San Diego, CA.

### **2018**

**Fox, R & Park, K.** “Narrative Medicine as a Novel Weight Stigma Reduction Method,” Association for Size Diversity and Health, August 3-5, 2018, Portland, OR.

**Fox, R.** “*Obesity: The Post Mortem*: Reviving History and Abjecting Fatness via Televised Dissection,” Empowered Bodies Graduate Conference, June 26, 2018, York, UK.

**Fox, R.** “Narrative Medicine as a Novel Weight Stigma Reduction Method,” International Weight Stigma Conference, June 18-19, 2018, Leeds, UK.

**Fox, R & Park, K.** “An Affective Challenge to Fat Phobia in Medical Education,” UCSD/UCLA Graduate Student Conference on Culture, Health, and Mind, May 19, 2018, San Diego, CA.

**Fox, R & Park, K.** “Weight Stigma Reduction among Medical Students through Narrative Medicine,” International Health Humanities Consortium Conference: Frankenstein@200, April 20-22, 2018, Stanford, CA.

**Fox, R.** “Fat Embodiment as Pedagogy,” UC San Diego 11th Annual Graduate Visual Arts Symposium: Sensory Disruptions: Confronting the Primacy of the Visual, March 3, 2018, San Diego, CA.

### **2017**

**Fox, R & Hartman-Rogers, J.** “Emotional Labor and the Affective Performance of Objectivity in Fat Studies,” UC San Diego Science Studies Program Biennial Graduate Conference, May 19-20, 2017, San Diego, CA.

**Fox, R.** “A Hybrid Actor-Network Theory Analysis of the *Let’s Move!* Campaign,” PCA/ACA 2017 Annual Conference, April 12-14, 2017, San Diego, CA.

**Panel Chair:** Fat Ambivalence and Liminality

**Fox, R & Park, K.** “Weight Stigma Reduction among Medical Students through Narrative Medicine,” Best of Cool Ideas Oral Presentation at the Innovations in Medical Education Conference, February 25, 2017, Los Angeles, CA.

## **GUEST LECTURES**

### **2024**

Class Visit: “Anti-Fatness, Embodiment, and *Obesity: the Post Mortem*,” Grand Valley State University, *Embodied*, Coeli Fitzpatrick, Julia VanderMolen & Leifa Mayers, November 12, 2024.

“Why Debunking the “Obesity Epidemic” Won’t Solve Weight Stigma,” UC Davis First Year Seminar, *FYS 003 Love-Weight Relationship: Origins of anti-fat messaging and how to address it in today’s society*, Professor Blaine Christiansen and Instructor Sophie Orr, February 29, 2024.

### **2023**

“Constructing Weight Stigma without Fat Politics: Entrenching Anti-Fatness in Stigma Interventions with Health Professionals,” UC Davis First Year Seminar, *FYS 003 Love-Weight Relationship: Origins of anti-fat messaging and how to address it in today’s society*, Professor Blaine Christiansen and Instructor Sophie Orr, March 9, 2023.

## **2022**

“The Power of Medical Media & the Injustice of *Obesity: The Post Mortem*,” UC San Diego Communication Department, *COMM 108G: Gender and Biomedicine*, Professor Lillian Walkover, November 7, 2022.

## **2021**

“The Impact of Diet Temporality on Fat People,” Alma College Psychology Department, *Abnormal Psychology*, Professor Kelly Cuccolo, November 2, 2021.

## **2020**

“Fat People’s Experiences of Time,” UC San Diego Sociology Department, *SOCI 135: Medical Sociology*, Professor CJ Valasek, July 16, 2020.

“Encoding and Decoding” UC San Diego Communication Department, *COMM 100B: Communication, Culture, and Representation*, Professor David Serlin, February 25, 2020.

“The Saussurean versus the Peircean Model of Semiotics” UC San Diego Communication Department, *COMM 100B: Communication, Culture, and Representation*, Professor David Serlin, January 23, 2020.

## **2019**

“Fatness and the (Ab)Normal.” SUNY Purchase Art History Department, *ARH 4006/5006 Investigating Normal*, Professor Elizabeth Guffey, November 25, 2019.

“Over-weight: The Story of a Label.” UC San Diego Communication Department, *COMM 100A: Communication, the Person, and Everyday Life*, Professor Lilly Irani, November 21, 2019.

“‘A Baby’s Photograph is a Stupid Thing’: Eugenics and Family Photography at the Turn of the 20<sup>th</sup> Century.” UC San Diego Communication Department, *COMM 107: Visual Culture Before and After Photography*, Professor David Serlin, November 14, 2019.

“*Obesity: The Post Mortem*: Surveilling Fatness, Inside and Out.” UC San Diego Communication Department, *COMM 100B: Communication, Culture, and Representation*, Professor Barbara Bush, August 26, 2019.

“*Obesity: The Post Mortem*: Realism, Fatphobia, and Documentary Film Making.” UC San Diego Communication Department, *COMM 103F: How to Read a Film*, Professor Caroline Collins, September 3, 2019.

“*Obesity: The Post Mortem*: A Lesson on Fatness, Corpses, and Normalization.” UC San Diego Communication Department, *COMM 108D: Politics of Bodies: Disability*, Professor Louise Hickman, May 28, 2019.

## **2018**

“Weight Stigma Reduction among Medical Students through Narrative Medicine: Using Narrative Medicine Post-Degree,” Columbia University MS Program in Narrative Medicine, Volvox Series, Virtual Lecture, May 9, 2018.

“Fat Embodiment, Phenomenology, and Care,” Columbia University MS Program in Narrative Medicine, *NMED PS5028 Bodies, Illness, and Care: Perspectives from Phenomenology and Beyond*, Professor Craig Irvine, March 21, 2018.

**MEDIA  
APPEAR-  
ANCES**

**2024**

Podcast: [Embodiment for the Rest of Us](#), Season 4 Episodes 9 & 10, December 5 & 19, 2024.

Documentary: [The Cost of Losing: The Risks and Rewards of the Weight-Loss-Drugs Boom](#), NBC San Diego, October 3, 2024

Houseal, J. “[How News Media Can Prevent Contributing to Weight Stigma](#).” University of Wisconsin-Madison Center for Journalism Ethics, July 23, 2024.

**2023**

Deaderick, L. “[Online Abuse of Lizzo Illustrates Connections of Body Shaming, Race and Gender](#).” *The San Diego Union Tribune*, June 11, 2023.

Salunke, S. “[Paving the Way for the Field of Disability Studies](#),” University of California Global Health Institute, March 8, 2023.

**2021**

Chang-Cook, A. “[Where to Turn When Social Media Worsens Body Image Issues](#).” *Consumer Reports*, November 8, 2021.

**RESEARCH  
PROJECTS**

**2023 – 2024 | An Interprofessional Education Program on Weight Stigma**

Co-Primary Investigator

University of the Pacific

Co-leading the development, implementation, and evaluation of an interprofessional education program aiming to teach health professions students across fields to spot and intervene on weight stigma; Co-leading the development and preliminary validation of a scale measuring knowledge and beliefs about weight stigma

**2023 – 2024 | Lessons about Weight in the Medical School Curriculum**

External Research Advisor

University of Minnesota Medical School

**2023 – 2024 | Weight Stigma Quality Improvement Project**

External Research Advisor, Presenter, and Focus Group Facilitator

Planned Parenthood Federation of America & Duke University School of Nursing

Co-developed an introductory lecture on weight stigma targeted towards Planned Parenthood clinicians and staff; advised the creation of a pre/post intervention evaluation survey; and facilitated focus groups for a doctoral dissertation project.

**2021 – 2023 | Reforming Medical Education to Improve Access to Healthcare for Fat Patients: A Mixed Methods Study**

Capstone Research Advisor

Frank H. Netter MD School of Medicine, Quinnipiac University

**2016 – 2018 | Weight Stigma Reduction among Medical Students through Narrative Medicine**

Co-Primary Investigator

USC Keck School of Medicine

**ACADEMIC  
SERVICE**

**Peer Reviewer**

- *Fat Studies Journal*
- *Western Journal of Nursing Research*
- *Stigma & Health*
- *Health Psychology*
- *Science, Technology, & Human Values*

**2023 – Present | Advisory Committee Member**

[Medical Students for Size Inclusivity](#)

**2020 – 2021 | Qualifying Preparation Course Graduate Student Coordinator**

UC San Diego Communication Department

**2020 – 2021 | Anti-Racist Program Reform Committee Member**

UC San Diego Science Studies Program

**2017 – 2020 | Graduate Student Coordinator, UC San Diego Transdisciplinary Disability Studies (TDS) Working Group**

Position funded by the UC San Diego Institute for Arts and Humanities

**MENTORING**

**Current Mentees**

- **Magdalyn Hallead**, Undergraduate Student, Grand Valley State University
- **Blakeley H. Payne**, Ph.D. Student, Information Science, University of Colorado at Boulder
- **Sophie Orr**, Ph.D. Student, Biomedical Engineering, University of California, Davis

**Past Mentees**

- **Laurel Neufeld**, Medical Student, University of Minnesota
- **Katherine Gershfeld**, Medical Student, Frank H. Netter MD School of Medicine at Quinnipiac University
- **Corinne Grady**, Medical Student, Frank H. Netter MD School of Medicine at Quinnipiac University

**REFERENCES**

**Boatema Boateng, Ph.D.**

Associate Professor, Department of Communication, UC San Diego  
Media Center and Communication Building (MCC)  
University of California San Diego  
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**David Serlin, Ph.D.**

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**Martha Lampland, Ph.D**

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**Carolyn Sandoval, Ph.D.**

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