


Rachel Fox, MS, MA

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EDUCATION | **Doctoral Candidate in Communication, Science Studies, & Critical Gender Studies University of California, San Diego**

Kroner Family Fellow
Judith and Neil Morgan Fellow
UC President's Dissertation Year Fellow

Dissertation in Progress: "Selling Stigma: Afflictive Power and The New Face of the War on Obesity" (expected defense June 2024)

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
- Disability Studies
- Weight Stigma
- Representation, Culture, & Semiotics
- Narrative Medicine/Health Humanities
- Qualitative Methods

WRITING | **Peer Reviewed Articles**

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 Reviews

Fox, R (2021). "Fat by Hanne Blank." *Emotion, Space and Society*, 38:C, DOI: [10.1016/j.emospa.2020.100761](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, DOI: [10.1080/21604851.2017.1369344](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>

HONORS & AWARDS

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

Awarded to students who have overcome educational, social or economic barriers; or whose research or planned career direction focuses on problems related to disadvantaged segments of society; and who demonstrate strong potential, promise and desire for a university teaching and research career.

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

Completed over 50 hours of pedagogical development, an independent teaching experience, and a reflective practice culminating in a comprehensive teaching portfolio. Engaged with material and discussions regarding what it means to teach the whole student, demonstrated a commitment to evidence-based teaching strategies, and prepared to teach students with a focus on equitable practices. Completion of this program reflects a commitment to continued professional growth in learner-centered teaching.

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

Extraordinary doctoral candidate in the fields of the Humanities and the humanistic Social Sciences

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

2017 | Narrative Medicine Fellowship Columbia University

2017 | Research Grant USC Keck School of Medicine

Althea and Fredric Alexander Student Support Fund: Weight Stigma Reduction Among Medical Students through Narrative Medicine

2016 | First Year Fellowship UC San Diego

**TEACHING
EXPERIENCE**

Instructor of Record

2021 | UC San Diego Department of Communication, Summer Session II, (Remote)

Politics of Bodies: Gender and Biomedicine

Remote course with new syllabus, lectures, readings, and assignments using Zoom, Canvas, and Google Docs. Drawing on Feminist STS and Communication studies, topics covered include gendered language in medical knowledge, the use of images in naturalizing gender in the brain and DNA, quantitative models of sex and gender, gendered pharmaceutical advertising, the rise of fetal sonograms and the anti-abortion movement, sexism in pregnancy PSAs, gender and biometrics, and the role of social media in producing new narratives of transition.

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

Graduate Seminar: Illness & Disability Narratives

Original Syllabus covering how one's identity and position in society can influence the story one tells, whose stories are left out of the modern medical discourse, the different media through which stories can be conveyed, how to navigate intersubjective encounters, and the history of disability activism.

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

Introduction to Gender, Race, and Sexuality

Original Syllabus covering race, class, feminisms, gender/sex, body image and media, intersectionality, patriarchy and privilege, reproductive justice, sexuality and queer theory, social justice and human rights, globalization and neoliberalism, violence, conflict, and terrorism.

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 (Anti-Racist Pedagogy Learning Community)

Original Workshops

- 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

2016 – 2020 | UC San Diego Department of Communication

Communication, Culture, and Representation

Professor David Serlin: Winter 2018, Winter 2019, Winter 2020

Professor Barbara Bush: Summer 2018, Summer 2020

Communication, the Person & Everyday Life

Professor Lilly Irani: Fall 2019

Introduction to Communication

Professor Boatema Boateng: Fall 2018

Professor Fernando Domínguez Rubio: Fall 2017

Communication, Institutions, and Power

Professor Barbara Bush: Summer 2017

2015 – 2016 | Columbia University Masters in Narrative Medicine Program

Embodied Borderlands

Professor Sayantani DasGupta: Spring 2016

Illness & Disability Narratives

Professor Sayantani DasGupta: Fall 2015

SPEAKING | 2023

Fox, R, Mercedes, & Kriete. Invited Workshop: “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, Kriete, & Payne. 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**

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 20th 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.

RESEARCH PROJECTS

2023 – Present | Lessons about Weight in the Medical School Curriculum

External Research Advisor
University of Minnesota Medical School

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

2015 – 2016 | Addressing Reproductive Coercion in Family Medicine Residency Programs

Narrative Medicine Consultant for Dr. Hilary Rosenstein
Albert Einstein College of Medicine

2013 – 2014 | Making Neural Stem Cells from Embryonic Stem Cells

Undergraduate Student Researcher, PI Dr. Laura Grabel
Wesleyan University

ACADEMIC SERVICE

2023 – Present | Advisory Committee Member

Medical Students for Size Inclusivity

2020 – 2021 | Qualifying Preparation Course Graduate Student Coordinator

UC San Diego Communication Department

Proposed, designed, and executed a one-on-one mentoring program pairing students working through the qualifying process in the Communication department with ABD students. Designed and provided a training workshop on mentoring and providing feedback on graduate student writing to the ABD graduate students to facilitate the mentoring relationship.

2020 – 2021 | Anti-Racist Program Reform Committee Member

UC San Diego Science Studies Program

Graduate student-initiated program review encompassing identification of: systemic inequities impacting members of the program; areas for growth in curriculum norms and offerings; alternatives for more inclusive and transparent program governance; expectations for fostering respectful and safe environments for discussion, disagreement, and learning.

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

- First Bi-Quarterly Dinner & Discussion (February 18, 2020)
- 20th Anniversary Film Screening of *Compensation* (October 24, 2019)
- Ragen Chastain, Lecture: “Athletes at Every Size” (May 6, 2019)
- Eli Clare, Lecture: “Yearning Towards Carrie Buck” (October 15 & 16, 2018)
- Book Reading: Anne Finger, *A Woman in Bed* (May 2, 2018)
- Campus-Wide Symposium: *Disability, Intersectionality, and State Violence* (April 26, 2018)
- Book Reading: Cathy Gere, *Pain, Pleasure, and the Greater Good* (January 31, 2018)

Student Choice Speaker Conference Organizer

UC San Diego Science Studies Program

2020: Dr. Evelyn Hammonds, Harvard University

2018: Dr. Ruha Benjamin, Princeton University

Peer Reviewer

- *Fat Studies Journal*
- *Western Journal of Nursing Research*

Weight Stigma Consultant

- Humanities in Medicine Course, Sophie Davis Program in Biomedical Education, CUNY School of Medicine, Lecture: Body Positivity and Healthcare, April 11, 2018
- The Art and Practice of Medicine Course, Lerner College of Medicine at Cleveland Clinic, Panel: Weight Bias in Healthcare, April 3, 2018

MENTORING | Current Mentees

- **Blakeley H. Payne**, Ph.D. Student, Information Science, University of Colorado at Boulder
- **Laurel Neufeld**, Medical Student, University of Minnesota
- **Sophie Orr**, Ph.D. Student, Biomedical Engineering, University of California, Davis

Past Mentees

- **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
 9500 Gilman Drive, MC #0503, La Jolla, CA, 92093-0503
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David Serlin, Ph.D.

Associate Professor, Department of Communication, UC San Diego
 Media Center and Communication Building (MCC)
 University of California San Diego
 9500 Gilman Drive, MC #0503, La Jolla, CA, 92093-0503
dserlin@ucsd.edu

Martha Lampland, Ph.D

Professor, Department of Sociology, UC San Diego

Department of Sociology

University of California San Diego

9500 Gilman Drive, MC# 0533, La Jolla, CA 92093-0533

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Carolyn Sandoval, Ph.D.

Senior Director of Instruction and Pedagogy and Director of Engaged Teaching, UC San Diego

Teaching + Learning Commons

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