

# ANTI-FAT BIAS

## & THE QUEER COMMUNITY

A ZINE EXPLORING  
THE INTERSECTIONS  
**QUEER IDENTITY**  
AND **ANTI-FAT BIAS.**

**CONTENT WARNING:** DISCUSSION OF FATPHOBIA AND  
TRANSPHOBIA

# FAT TRANS VISIBILITY

The vast majority of trans representation is from straight-sized trans people.

*In a recent paper, this was referred to as:*

“

[An] absence of fat trans visibility.  
(White, 2019)

”



Researchers noted a lack of **trans representation in fat activist spaces** and a lack of **fat representation in trans activist spaces.**

This lack of fat trans visibility in the queer community may be an effect of the harmful idea that **being thin = passing**.

## passing

[pass·ing]

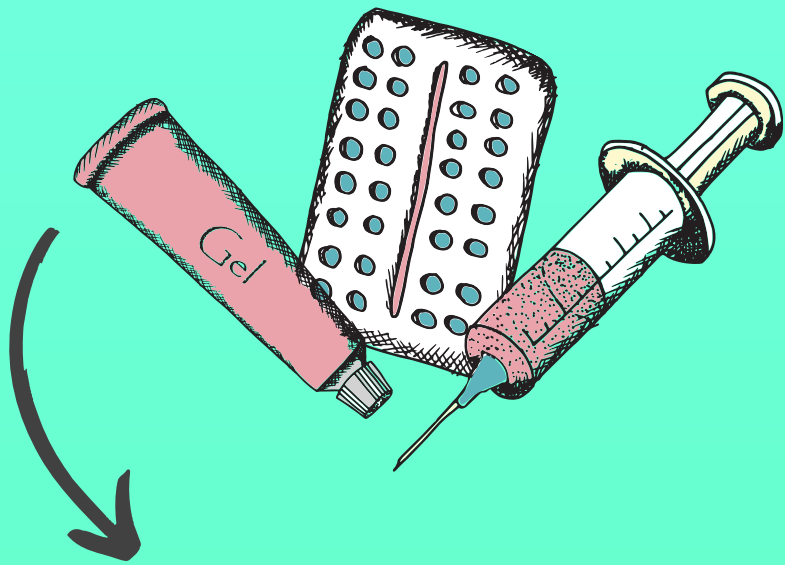
**verb.**

- *the reliability of being read as the gender with which you identify*

Masculinity, femininity, and androgyny are predominantly represented by *straight-sized, able-bodied, white people*.



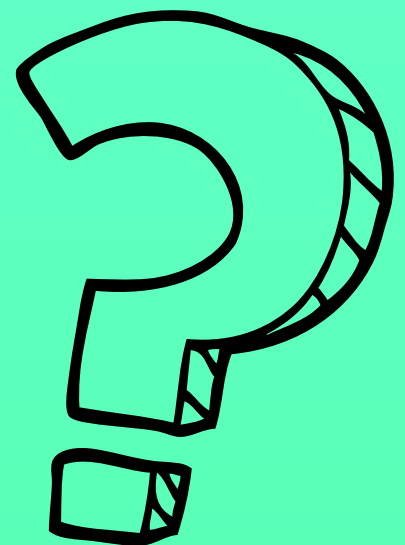
"WHETHER IT IS PRESENT OR ABSENT IT SEEMS FAT IS DOING SOMETHING TO GENDER." (WHITE, 2019)



Fat distribution plays an important role in embodying gender.

Gender-affirming hormone therapy can shift fat distribution in the body, contributing to more *feminizing* or *masculinizing* body proportions.

So why is **trans representation** dominated by *straight-sized* people?



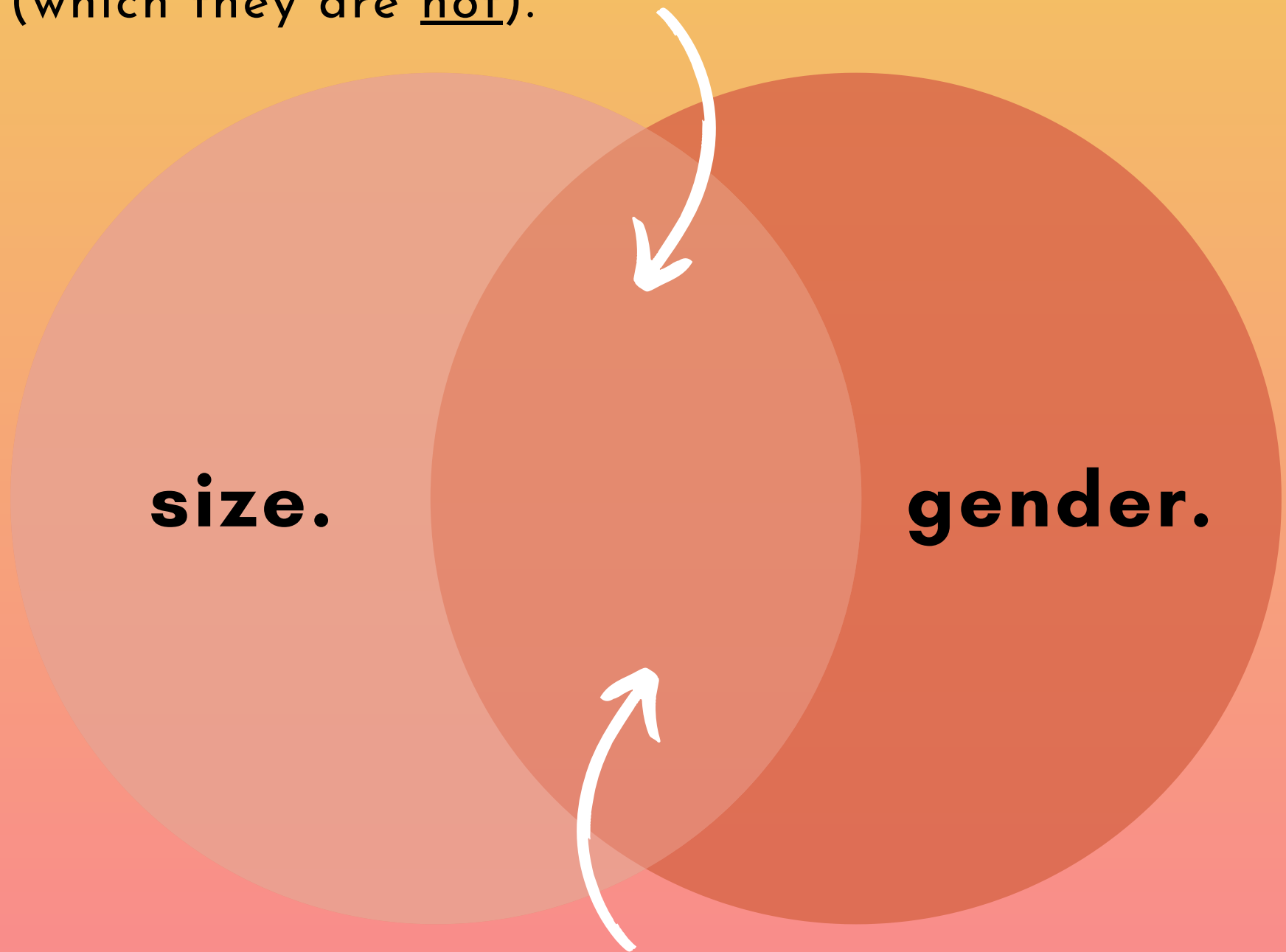


# Intersecting identities, intersecting biases.

Society has rigid standards for both **body size** and **gender**.

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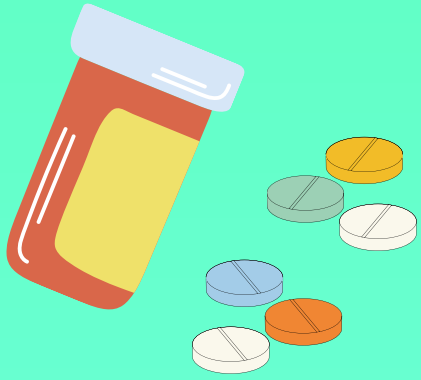
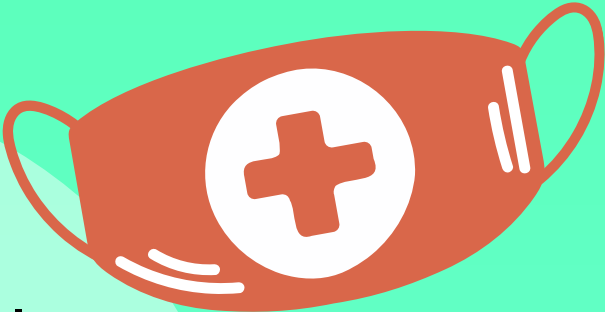
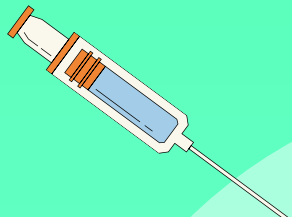
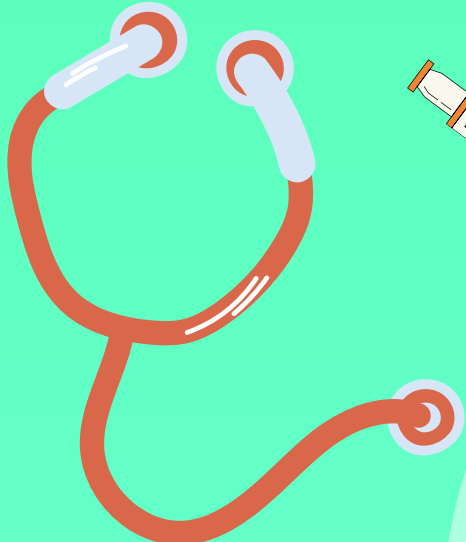
Both are seen as *controllable*  
(which they are not).



And both are seen as measures of *individual value*  
(which they are not).

# What about healthcare?

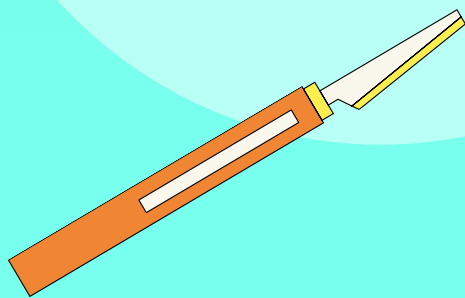
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Fat trans people  
can be legally  
denied gender-  
affirming surgeries.  
(Gordon, 2020)



A series on TLC called  
*"Too Fat to Transition"*  
exploited this painful  
experience by following  
two transgender folks  
suffering from this  
policy.



Both insurance  
companies and  
physicians can  
deny trans folks  
these life-saving  
surgeries.

Because fat trans  
folks have a right to  
**gender-affirming**  
**care.**

Because there is  
no such thing as  
the "**right kind of**  
**queer body.**"

the queer  
community  
needs  
*fat trans*  
*visibility.*

Because body size  
does not equal  
**health, value, or**  
**validity**

Because the **intersection** of  
these **identities** matters.



## CITATIONS:

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Gordon, A. (2020). What We Don't Talk About When We Talk About Fat. Beacon Press.

Quathamer, N., & Joy, P. (2021). Being in a queer time: Exploring the influence of the COVID-19 pandemic on LGBTQ+ body image. Nutrition & Dietetics.

Ray White, F. (2019). Embodying the fat/trans intersection. Thickening Fat, 110-121.

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