

Rachel Fox, MS, MA

| Department of Communication, UC San Diego |
| MCC Building, 9500 Gilman Drive, La Jolla, CA, 92093-0503 |
| rafox@ucsd.edu | <http://rachelefox.com> | she/her/hers pronouns |
 <https://orcid.org/0000-0002-5368-9871>

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

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

Dissertation in Progress: Combatting Stigma, Upholding Pathology: The Untenable Anti-Fatness of Weight Stigma Research and Advocacy (expected defense 2024)

Dr. Boatema Boateng, Committee Co-Chair
Dr. David Serlin, Committee Co-Chair

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

Master of Science in Narrative Medicine, Columbia University | 2015

Bachelor of Arts in Biology, Wesleyan University | 2014

RESEARCH INTERESTS

- Fat Studies
- Science and Technology Studies
- Feminist Studies/Critical Gender Studies
- Disability Studies
- Weight Stigma
- Narrative Medicine/Health Humanities
- Representation, Culture, & Semiotics
- 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

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)

Public Writing

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

UC San Diego President's Dissertation Year Fellowship UC San Diego
AY 2023-2024

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.

Inaugural Junior Fellow Centre for Fat Liberation and Scholarship
2021 – Present

Democracy Lab Mini-Grant + Stipend UC San Diego
Summer 2021

Judith and Neil Morgan Fellowship UC San Diego
2019 – 2020

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

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

Narrative Medicine Fellowship Columbia University
Summer 2017

Weight Stigma Reduction Among Medical Students through Narrative Medicine

Research Grant Keck School of Medicine

Summer 2017 Althea and Fredric Alexander Student Support Fund

Weight Stigma Reduction Among Medical Students through Narrative Medicine

First Year Fellowship UC San Diego

2016 – 2017 Communication Department & Science Studies Program

TEACHING EXPERIENCE

UC San Diego Teaching & Learning Commons, Engaged Teaching Hub
Graduate Teaching Consultant, 2020 - Present

Specializations: Diversity, Equity, & Inclusion; Supporting Student Well-Being; Anti-Racist Pedagogy; Universal/Accessible Design; Remote Teaching; Active Learning; Syllabus Design; Teaching Observations and Consultations

Core Planning Team Member (AY 2022-23) & Facilitator (Fall 2020): Unpacking Anti-Blackness and Dismantling Systemic Racism in Educational Practices: An Action-Oriented Learning Community for UC San Diego Educators

**UC San Diego Department of Communication
Instructor of Record, Summer 2021**

COMM 108G: 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.

**UC San Diego Department of Communication
Teaching Assistant, 2016 - 2020**

COMM 100B: Communication, Culture, and Representation

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

Professor Barbara Bush: Summer 2018, Summer 2020

COMM 100A: Communication, the Person & Everyday Life

Professor Lilly Irani: Fall 2019

COMM 10: Introduction to Communication

Professor Fernando Domínguez Rubio: Fall 2017

Professor Boatema Boateng: Fall 2018

COMM 100C: Communication, Institutions, and Power

Professor Barbara Bush: Summer 2017

**Sarah Lawrence College Master's of Health Advocacy Program
Lecturer, Spring 2016**

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.

**Rutgers University Women's and Gender Studies Department
Lecturer, 2016 - 2016**

Course: 988:101 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.

**Columbia University Masters in Narrative Medicine Program
Teaching Assistant, 2015 - 2016**

NMED K4360: Embodied Borderlands

Professor Sayantani DasGupta: Spring 2016

NMED K4025: Illness & Disability Narratives

Professor Sayantani DasGupta: Fall 2015

**Columbia University Post-Baccalaureate Program
Workshop Co-Facilitator, Spring 2015**

Narrative Medicine Workshops for Post-Baccalaureate Students

Original Syllabus covering close reading, exploratory writing, and collaborative response about topics such as illness and disability, grief and death, aging, intersubjectivity, and the power of witnessing.

SPEAKING | 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 Lecture: “*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.

Invited Guest Lecture: “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

Invited Guest Lecture: “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.

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/O37bcjosgdg>

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.

2020

Invited Course Appearance: "Fat People's Experiences of Time," UC San Diego Sociology Department, *SOCI 135: Medical Sociology*, Professor CJ Valasek, July 16, 2020.

Invited Guest Lectures: "The Saussurean versus the Peircean Model of Semiotics"/"Encoding and Decoding" UC San Diego Communication Department, *COMM 100B: Communication, Culture, and Representation*, Professor David Serlin, January 23, 2020/February 25, 2020.

2019

Invited Guest Lecture: "Fatness and the (Ab)Normal." SUNY Purchase Art History Department, *ARH 4006/5006 Investigating Normal*, Professor Elizabeth Guffey, November 25, 2019.

Invited Guest Lecture: "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.

Invited Guest Lecture: "'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.

Invited Guest Lecture: "*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.

Invited Guest Lecture: "*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.

Invited Guest Lecture: "*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

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.

Invited Guest Lecture: "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.

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.

Invited Guest Lecture: "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.

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.

RESEARCH PROJECTS | Reforming Medical Education to Improve Access to Healthcare for Fat Patients: A Mixed Methods Study

Capstone Research Advisor, 2021 – Present
Frank H. Netter MD School of Medicine, Quinnipiac University

Weight Stigma Reduction among Medical Students through Narrative Medicine
Co-Primary Investigator, 2016 – 2018
Keck School of Medicine at USC

Disability/Architecture Photo Archive
Graduate Student Research Assistant for Professor David Serlin, 2017
UC San Diego

Addressing Reproductive Coercion in Family Medicine Residency Programs
Narrative Medicine Consultant for Dr. Hilary Rosenstein, 2015 – 2016
Albert Einstein College of Medicine

Fat and Disabled: The Embodied Experience
Graduate Student Researcher, supervised by Professor Edgar Rivera Colón, 2014
Columbia University

Making Neural Stem Cells from Embryonic Stem Cells
Undergraduate Student Researcher, PI Dr. Laura Gabel, 2013
Wesleyan University

ACADEMIC SERVICE | 2022 – 2023

- **Conference Planning Committee** International Weight Stigma Conference

2021 – 2022

- **Peer Reviewer** Fat Studies Journal

- **Peer Reviewer** Western Journal of Nursing Research

2020 – 2021

- **Qualifying Preparation Course Graduate Student Coordinator** Communication Department
 - Proposed, designed, and executed a one-on-one mentoring program pairing students working through the qualifying process in the Communication department with advanced students. Designed and provided a training workshop on mentoring and providing feedback on graduate student writing to the advanced graduate students to facilitate the mentoring relationship.
- **Anti-Racist Program Review 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.

2019 – 2020

- **Graduate Student Coordinator** Transdisciplinary Disability Studies Working Group. Position funded by UC San Diego Institute for Arts and Humanities.
 - February 18, 2010 – First Bi-Quarterly Dinner & Discussion
 - October 24, 2019 – 20th Anniversary Film Screening of *Compensation*
- **Conference Organizer** Science Studies Program Student Choice Speaker Conference
 - January 9 & 10, 2020 – Speaker: Dr. Evelyn Hammonds, Harvard University
- **Peer Reviewer** Fat Studies Journal

2018 – 2019

- **Graduate Student Coordinator** Transdisciplinary Disability Studies Working Group. Position funded by UC San Diego Institute for Arts and Humanities.
 - October 15 & 16, 2018 – Eli Clare, Lecture: “Yearning Towards Carrie Buck”
 - May 6, 2019 – Ragen Chastain, Lecture: “Athletes at Every Size”

2017 – 2018

- **Conference Organizer** Science Studies Program Student Choice Speaker Conference
 - May 30 & 31, 2018 – Speaker: Dr. Ruha Benjamin, Princeton University
- **Event Coordinator** Transdisciplinary Disability Studies Working Group
 - April 26, 2018 – Symposium: *Disability, Intersectionality, and State Violence*.
 - January 31, 2018 – Book Reading: Cathy Gere, *Pain, Pleasure, and the Greater Good*
- **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