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**Resources Shared During   
*Destigmatizing Wellness Communications* Webinar, 9/26/2023**

**Destigmatizing Tobacco Cessation Communications**

[Center for Black Health Equity: Tobacco and Menthol](https://www.centerforblackhealth.org/fightingtobacco)

[National LGBT Cancer Network](https://cancer-network.org/resource-topic/tobacco/)

[National Indian Health Board: Supporting Tribes to Contribute to Commercial Tobacco Cessation](https://www.nihb.org/public_health/tobacco_cessation.php)

**Avoiding Weight Stigma in Wellness Communications**

[The Weight Stigma Heat Map: A tool to identify weight stigma in public health and health promotion materials](https://onlinelibrary.wiley.com/doi/10.1002/hpja.745)

[Anti-Obesity Assemblage Analysis Worksheet](https://static1.squarespace.com/static/5e72bf4233a7b93508802bbd/t/649a09919322bc4eb12d0795/1687816593259/AOA+Artifact+Analysis+Worksheet.pdf)

[How We Over Rely on BMI | Journal of Ethics | American Medical Association](https://journalofethics.ama-assn.org/issue/how-we-over-rely-bmi)

**SmartHealth, Diabetes Prevention Program and Living Tobacco Free information**

[PEBB wellness programs](https://www.hca.wa.gov/employee-retiree-benefits/pebb-wellness-programs)

[SEBB wellness programs](https://www.hca.wa.gov/employee-retiree-benefits/sebb-wellness-programs)

[Washington Wellness programs and initiatives](https://www.hca.wa.gov/about-hca/programs-and-initiatives/washington-wellness/contact-us)

[Health Promotion Consultant contact information](https://www.hca.wa.gov/about-hca/programs-and-initiatives/washington-wellness/contact-us)