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FSU Research: A look back at a memorable 2015

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Florida State University had a banner year for research in 2015. Our faculty members were engaged in research and creative activity at the highest levels and produced some memorable work. Here are some highlights of the past year.

Weight discrimination linked to risk of mortality

Being overweight can have many negative health effects, but not many people have looked at the psychological stress of it. Angelina R. Sutin and Antonio Terracciano **discovered** that people subjected to discrimination because of their weight may face a higher risk of dying.

"Some people think, 'Oh, well, you're just hurting somebody's feelings when you say something bad about their weight, but it will motivate them to lose weight, which will save their life,'" Sutin said.

But, Sutin points out that contrary to such beliefs, in addition to the psychological effects, weightism increases the risk of weight gain and premature mortality.

"Our research has shown that very clearly this type of approach does not work and there are really serious consequences to it," she said.