

Understanding Weight Bias & Stigma

A Guide to Help Parents and Caregivers

What is Weight Bias?	What is Weight Stigma?
Weight Bias refers to negative attitudes and stereotypes about people based on their weight. <i>Example: People with obesity are lazy and eat a bunch of junk food. If they would just exercise more and eat better, they would not have a problem with their weight.</i>	Weight Stigma is when people treat others unfairly or badly because of their body size. <i>Example: A manager may not hire someone with obesity for a job because they think that person is lazy or doesn't have self-discipline.</i>

How do weight bias and stigma impact children?

Children who experience weight-based discrimination more likely to have:

Low Self-Esteem

Anxiety

Depression

Negative Body Image

**Suicidal Thoughts
& Behaviors**

**Lower
Quality of Life**

What you can do at home to create a weight stigma-free environment:

1. Place scales out of sight.
2. Encourage movement and physical activity.
3. Model healthy eating habits like eating lots of Greens foods.
4. Focus on the benefits of eating nutritious foods for mind and body.
5. Avoid using food as a reward.
6. Talk about our bodies in terms of what they can do for us rather than how they look.
7. Discourage 'diet talk' such as calling foods "bad" or "unhealthy."
8. Teach children about body diversity, meaning people come in all different shapes and sizes.
9. Focus on creating healthy behaviors instead of weight.



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