

Understanding Weight Stigma in Everyday Life

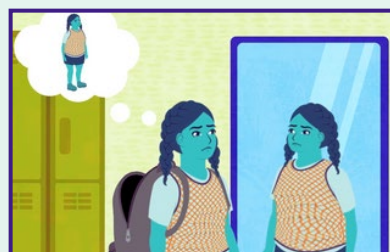
Why is Weight Stigma an Important Topic?

Weight stigma harms mental and physical health, undermines healthcare quality, reinforces false stereotypes, obstructs equity and inclusion, and persists through socially accepted, often invisible discrimination.



What Is Weight Stigma?

Weight stigma is discrimination or biases based on weight or body size and can be explicit (overt and intentional) or implicit (unconscious and subtle).



Where Does Weight Stigma Appear?

By identifying where weight stigma appears, we can be more mindful of where to be on the lookout for stigmatizing behaviors.

HEALTHCARE



SCHOOL



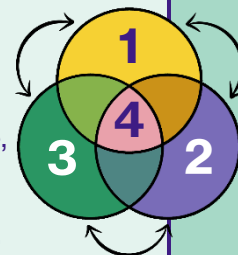
WORK



DAILY LIFE

What are the Impacts of Weight Stigma?

- 1. Psychological health:** low self-esteem, depression, anxiety, internalized bias
- 2. Physical health:** care avoidance, chronic stress, worsened health outcomes
- 3. Social health:** isolation, bullying, discrimination
- 4. Behaviors:** disordered eating, reduction in motivation to exercise, and overall social withdrawal



How Can You Help?



- Using inclusive, person-first language
- Speak out when you see weight stigma
- Educate yourself and others on factors influencing weight
- Promote body diversity and representation
- Advocate for inclusive policies

Be the Advocate They Need:

- Change starts with awareness, but it grows through action.
- Continue learning from others and having open conversations
 - Every time we speak up, we shift culture towards more inclusivity

