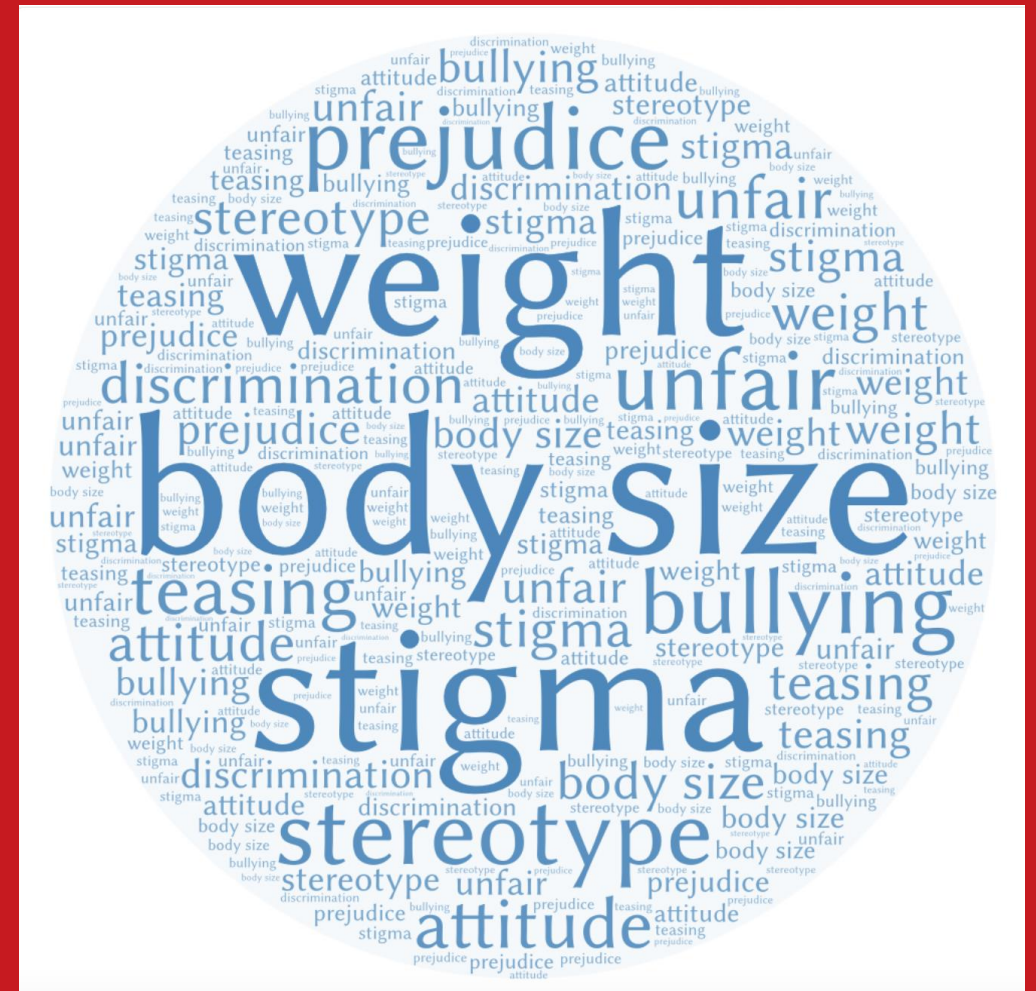


What is weight stigma?

A Brief Overview

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What is weight stigma?


Weight Stigma:

Societal devaluation of people because of their body weight or body size

Common weight-based stereotypes:

People with higher weight viewed as...

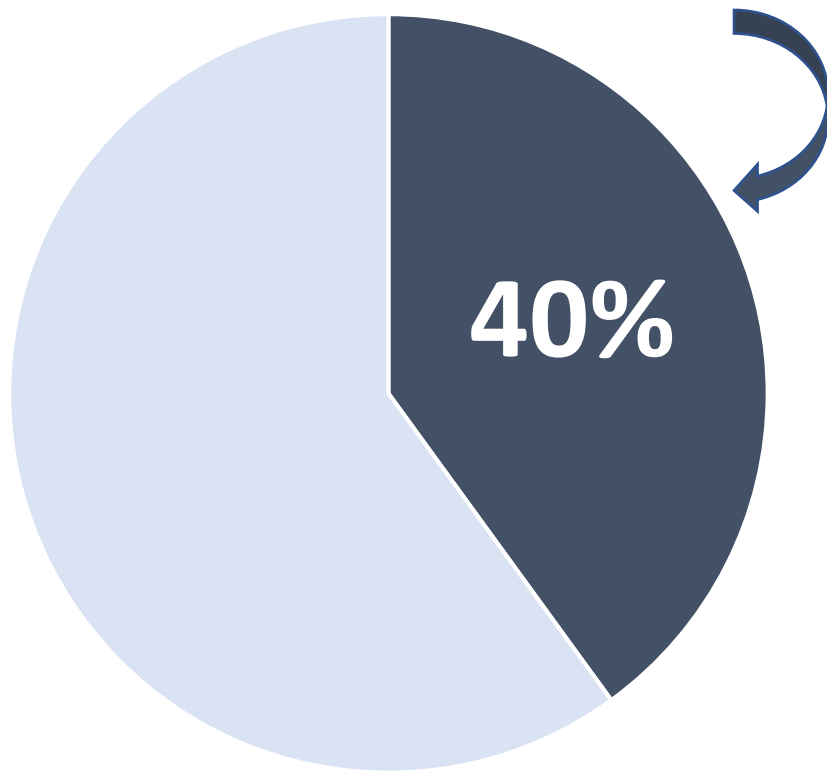
- Lazy
- Lacking self-discipline and willpower
- Unmotivated to improve health
- Personally to blame for their weight



Teasing
Bullying
Rejection
Prejudice
Unfair treatment
Discrimination

Prevalence of weight stigma and discrimination

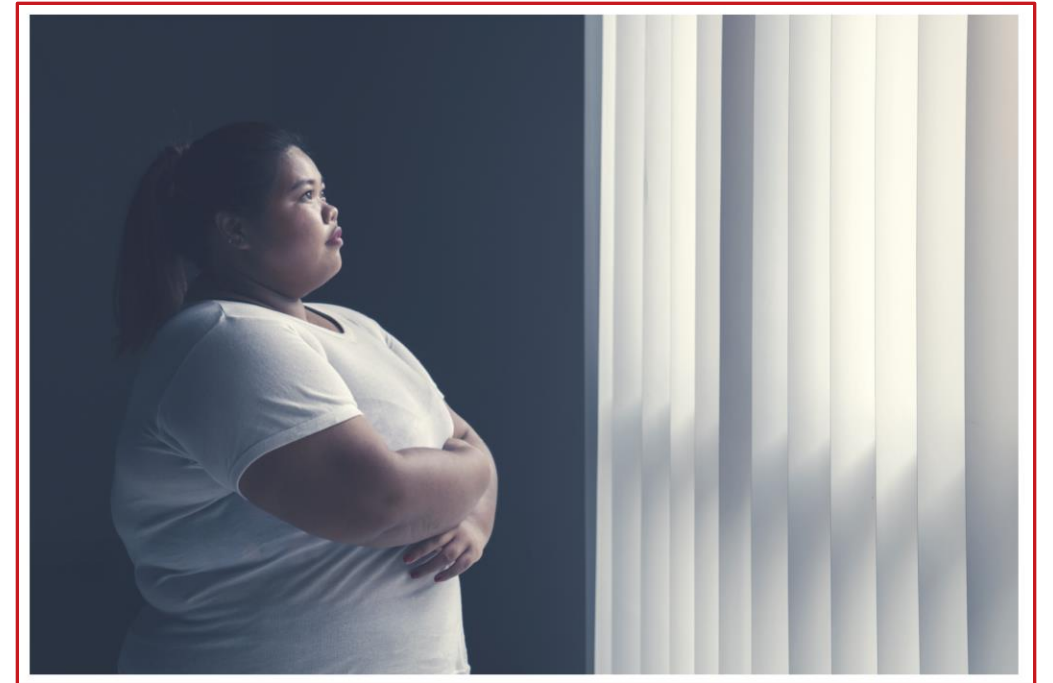
Percentage of American adults in the general population who experience weight stigma



Among adults who have obesity, prevalence rates of weight discrimination range from 19%-40%.

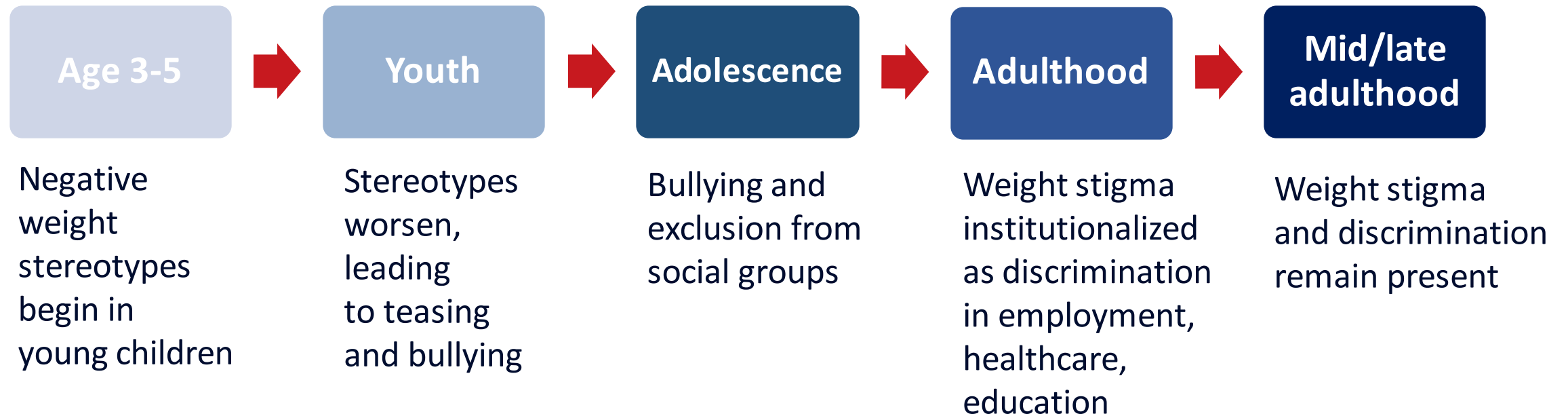
Weight stigma can affect anyone

- Sex
- Age
- Race and ethnicity
- Socioeconomic status
- Sexual orientation
- Gender identity
- Body size
- Nationality



Austen et al., *Body Image* 2020; Brewis et al., *Global Health* 2018; Himmelstein et al., *Obesity* 2018; Jackson et al., *Int J Obesity* 2015; Puhl et al., *Int J Obesity* 2021; Puhl et al., *Obesity* 2019; Puhl et al., *Ped Obes* 2019.

Weight stigma exists across the lifespan



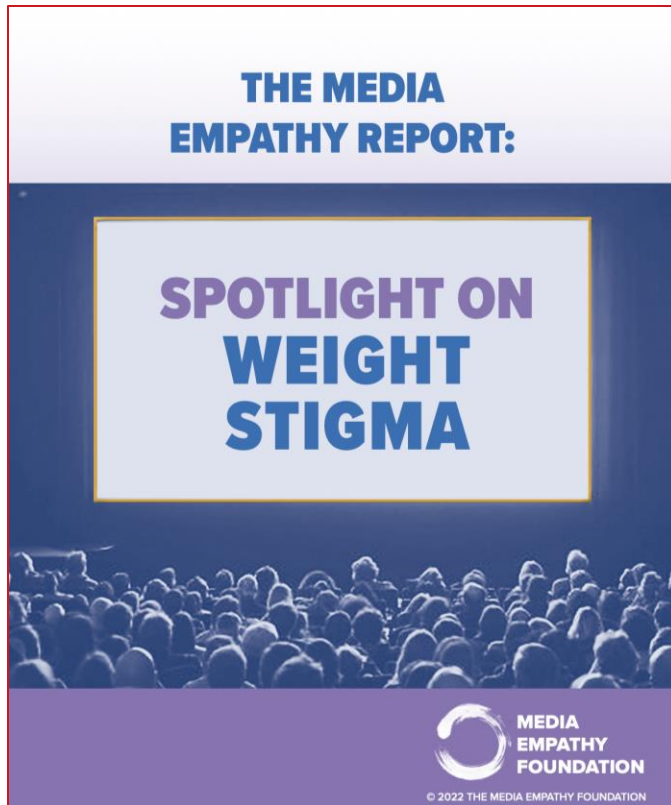
Where
does
weight
stigma
occur?



In the workplace



In the media



<https://www.mediaempathy.org/weight-stigma/>

Television and Film

- Depict characters with larger body sizes in stigmatizing ways
- Reinforce negative weight stereotypes based on body size

News Media

- Oversimplify causes of obesity
- Reinforce personal responsibility narrative
- Ignore complex contributors to body weight

Social Media

- Body shaming is commonplace
- Promotes unrealistic ideals of body size

In interpersonal relationships



Weight stigma within families:

- Critical and judgmental remarks about weight
- Weight-based teasing and rejection
- Can be long-lasting through childhood, adolescence, and early adulthood
- Harmful health consequences
 - Psychological distress
 - Disordered eating behaviors



In healthcare



Weight-biased attitudes
from healthcare providers



Poorer provider-patient
communication and reduced
quality of patient care



Adverse health
consequences for patients
and avoidance of healthcare

Educational Resources

Videos

Podcasts

Fact sheets

Reflection exercises

*How does
weight stigma affect
patients and contribute
to poor health?*