

Is Weight Bias Silently Harming Your Loved Ones?

DID YOU KNOW...

OVER
40%

of U.S. adults experience weight stigma?¹
Let's explore what this means and why it matters.

What Is Weight Stigma?

Also known as “**weight bias**,” it refers to being judged or treated differently because of one’s weight. This can include subtle comments or outright discrimination, often leading to feelings of shame, self-hatred and low self-esteem.

How Weight Stigma Shows Up in Everyday Life



WORKPLACE

Unfair judgments about capability and work ethic lead to fewer job opportunities and limited career growth



HEALTH CARE

A focus on weight loss often overshadows other health concerns, leading to misdiagnosis and untreated conditions



SCHOOL

Bullying and teasing because of body shape and size result in social isolation, emotional distress and difficulty forming healthy relationships



SOCIAL MEDIA

The promotion of unrealistic body standards, negative comments and harmful stereotypes cause feelings of inferiority and self-consciousness



FITNESS CENTERS

Judgmental looks and unwelcoming attitudes discourage participation in physical activities, leading to feelings of shame and reduced motivation to stay active



RETAIL STORES

Limited clothing sizes make shopping an alienating and frustrating experience, reinforcing feelings of exclusion and inadequacy

These biases affect people of all sizes, causing serious emotional and psychological consequences including:

- Depression
- Low self-esteem
- Body dissatisfaction
- Eating disorders

Together, we can create a more inclusive and respectful environment for everyone.

Educate

Learn and share knowledge about weight stigma

Challenge Assumptions

Avoid stereotypes and judgments

Advocate

Promote anti-discrimination behaviors and policies

Support Inclusivity

Foster acceptance and respect

Contact us today to schedule a free, confidential and no-obligation assessment with a master’s-level clinician.

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Most commercial insurance accepted

Navigating Conversations About Weight Can Be Tough.

Here are some responses you can use when someone comments on your body.

If you're feeling **low energy**:

You know what, let's talk about something else.

If you're feeling **high energy**:

I really don't appreciate comments about my body, and I'd like you to please stop.

If you're feeling a bit **sassy**:

What an interesting thing to say out loud.

If you're feeling in the mood to **educate**:

The way someone looks isn't tied to their worth or their health. I've been trying to unlearn those stereotypes myself recently.

OR

I've decided to put my energy into things I value instead of what society tells me I should feel about my body.

Want to learn more about weight stigma? Check out these free resources.

MENTAL NOTE PODCAST

Explore tough and nuanced topics in an approachable, easy-to-understand way. Tune in to episodes like:

- **Fat in a Thin World**: Weight Inclusivity With Aubrey Gordon
- **Health at Every Size®**: Advocating for Respect for All Body Sizes With Meredith Nisbet-Croes
- **Fatphobia**: Changing the Narrative With Jen Ponton



THAT'S NOT NORMAL: A WEIGHT STIGMA UNLEARNING SERIES

Dive into this series for an overview of weight stigma and weight inclusivity through expert insights and real-life stories.



WEIGHT STIGMA IN HEALTHCARE

Visit our website for more resources and education, including:

- Tools to help you communicate with your medical provider
- ERC's pledge for a size-inclusive healthcare environment
- A collection of blogs, articles and books for further reading



Remember, health is not defined by weight and body size. Join us in making a meaningful difference.

1. Lee, K.M., Hunger, J.M., & Tomiyana, A.J. (2021). Weight stigma and health behaviors: Evidence from the Eating in America Study. *International Journal of Obesity*, 45, 1499-1509. <https://doi.org/10.1038/s41366-021-00814-5>

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