



AVOIDING WEIGHT STIGMA AND SUPPORTING THOSE IN LARGER BODIES

BMI, or body mass index, is a poor indicator of health status. Shifting our focus away from weight can allow us to better support the health of every individual.

WEIGHT STIGMA IS ASSOCIATED WITH:

- Increased risk of diabetes
- Stress-induced inflammation
- Depression
- Anxiety
- Body dissatisfaction
- Poor self esteem
- Disordered eating
- Problems with sleep and alcohol abuse

DID YOU KNOW?

- Those who experience weight stigma are more likely to avoid seeking healthcare.
- Roughly 50% of adults report being stigmatized for their weight in their lifetime.
- Individuals in larger bodies are 3x more likely to not receive a diagnosis for their eating disorder, and to have it overlooked entirely.

ADDRESSING WEIGHT CONCERNS

- Focus on the whole person
- Discuss food and movement in holistic, neutral terms
- Ask about weight changes in a neutral way
- Avoid having discussions about weight with children; instead, talk to their parent/guardian
- Focus on growth trajectory, not BMI, for children



Concerned about yourself or a loved one?

Scan the QR code or contact us to seek help.

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