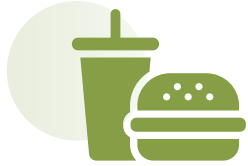


WEIGHT STIGMA AND BIAS

Weight bias is when people have negative attitudes and beliefs about people who have obesity.¹ The negative attitudes and beliefs cause them to behave unfairly toward people who have obesity.²

Examples of weight bias:



Judging workers for choosing fast food^{3,4}



Providing uniform sizes that don't accommodate all body sizes comfortably⁵



Financial penalties, such as higher healthcare costs for being overweight²

The social stigma of obesity can cause:⁶

- Depression
- Anxiety
- Extreme Dieting
- Binge Eating
- Decreased Physical Activity
- Avoidance of Medical Care

You can reduce weight bias by using people-first language¹



Avoid terms like...
"An obese person"



Consider instead...
"A person with obesity" or
"A person affected by obesity"⁷

Talk to your doctor about how you can take control of your health

1. <https://www.obesityaction.org/advocacy/what-we-fight-for/weight-bias> (Accessed August 2, 2024); 2. <https://www.obesityaction.org/wp-content/uploads/Weight-Bias-in-the-Workplace.pdf> (Accessed August 2, 2024); 3. Gupta, CC. et al. *Ind Health*. 2019;57(4):419-453 [Table 1, 424-434]; 4. Cultural Competence. *Food Shame at Work: An Oft-Overlooked Employee Experience*. Gallup; 2022. Accessed September 26, 2024. <https://news.gallup.com/podcast/397910/food-shame-work-oft-overlooked-employee-experience.aspx?version=print>; 5. Gonzales, M. SHRM; 2024. Accessed September 26, 2024. <https://www.shrm.org/topics-tools/news/all-things-work/confronting-weight-bias>; 6. <https://www.obesityaction.org/get-educated/public-resources/brochures-guides/understanding-obesity-stigma-brochure/> (Accessed August 2, 2024); 7. Brown A, et al. *EClinicalMedicine*. 2022;47:101408.



Scan for
additional
resources

Supported by Eli Lilly and Company.



**My health
on my terms
for obesity care**