Weight Stigma

EXAMPLES
- Verbal Taunts
- Physical Abuse
- Micro-aggressions
- Eye Rolling
- Tutting
- Images
- Language
- Perpetuating false stereotypes

PERPETRATORS
- Teachers
- Employers
- Health Care Professionals
- Friends and Family Members
- Strangers
- Media

CAUSES
- Fear of obesity
- Cost
- Health Implications
- Conflicting and confusing information
- Lack of education and awareness

EFFECTS
- Depression, Internalised stigma, Low self-esteem, Anxiety, Fear of being stigmatised, Emotional, Social, Social rejection, Unbalanced social relationships, Research demonstrates a correlation between weight stigmatisation and binge eating disorder, Physical, Suicidal ideations and acts, Less likely to seek medical advice, Developed disordered eating behaviours in pursuit of weight loss.

AFFECTS
- Bariatric patients receive additional stigma
- Those that have or are perceived to have a higher weight
- Underweight and normal weight individuals
- Unexpected recipients
  - Nutritionist, Dieticians, and Health Care professionals
  - Great societal pressure for these groups to appear 'healthy'
  - Both men and women
  - Both children and adults
  - Fear of getting overweight or obesity and being stigmatised
  - Fear of being stigmatised