

# Weight Stigma: How did we get here and what can we do?



- **Weight stigma: Discriminatory acts and ideologies** towards individuals because of their weight and size.
- **Media and society** play an underlying role in weight stigma.

## Recognize environmental drivers of obesity



- **Lesser access to public transportation and walkable neighbourhoods** decreases daily physical activity.
- **Increased food processing and rising costs** limit access to nutrition.
- **Declining rates of physical activity and rising of automation** increases obesity risk.
- **Lower socioeconomic status reduces opportunities for healthy eating behaviors.**
- **More predisposed to metabolic conditions and risk of obesity.**



**Fat Large Heavy** (with a red prohibition sign over the text)

**Words Matter** - Use respectful language, honor patient preferences, and ask before discussing weight.

**Care with Dignity** - Understand weight's impact, set realistic goals, and provide proper accommodations.

**Support and advocate** - Know treatment options, educate without bias, and push for better resources.

Consider integrating resources such as the **Alberta Obesity Centre** into your clinical practice! Scan the QR code to learn more:

