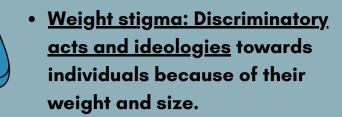
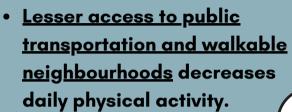
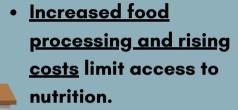
Weight Stigma: How did we get here and what can we do?



Media and society play an underlying role in weight stigma.

Recognize environmental drivers of obesity





- **Declining rates of** physical activity and rising of automation increases obesity risk.
- Lower socioeconomic status <u>reduces</u> opportunities for healthy eating behaviors.
- More predisposed to metabolic conditions and risk of obesity.





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









Living in rural communities

Recognize intersectionality in obesity

Socioeconomic status









