Rise to the Challenge of Weight Bias

- Reject labels
- Put people first
- Respect others, love yourself
- Reject negative agendas
- Join with the Obesity Action Coalition to
- Promote a positive agenda of health

Hannah & Gemma, photograph © Eddie Lawrance / flickr
Reject Labels

• Labels put people in a box

• “I know what kind of person you are”

• “Obese” is a label to reject

• Obesity is a disease, not an identity
Obesity Is a Disease, not a Choice

Research shows

• People reject bias when they understand the external causes of obesity

• People express bias when they perceive it as a choice
People-First Language Is a Measure of Respect

- People who label others “obese” harbor more weight bias

- Shift the conversation from “being obese”

- Toward “obesity” as the foe
Respect Others, Love Yourself

- Surround yourself with supportive friends and loved ones
- Let go of mistakes and blame
- Respect people with issues
- Without getting sucked into their agenda
Join with the OAC to Defeat Bias

• Join the Obesity Action Coalition
• Follow Bias Busters
• Identify stupid, disrespectful weight bias
• Put forward a positive message
• Speak out in social and news media
• Work toward a future when
  – We’re defeating obesity
  – And empowering the people affected