

# Weight Stigma

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How Fatphobia is Rooted in Racism and is a Social Justice Issue

What is Fatphobia?

The intense fear or dislike of fat, becoming fat and fat bodies.

Urbandictionary.com

## WHAT IS WEIGHT STIGMA?

Weight stigma, also known as weight bias or weight-based discrimination, is discrimination or stereotyping based on a person's weight. Weight stigma can increase body dissatisfaction, a leading risk factor in the development of eating disorders. The best-known environmental contributor to the development of eating disorders is the sociocultural idealization of thinness.

<https://www.nationaleatingdisorders.org/>

## What is Thin Privilege?

“...thin privilege actually just means that by virtue of some characteristic of your body—in this case, being below a certain size—you have greater access to resources and face less discrimination in society than people without that characteristic.”

“You can have thin privilege and also still hate your body”

-Christy Harrison, MPH, RD, CDN

## WHAT IS INTERSECTIONAL FEMINISM?

[Kimberlé Crenshaw](#), an American law professor who coined the term in 1989 explained Intersectional feminism as, “a prism for seeing the way in which various forms of inequality often operate together and exacerbate each other,”

FALSE ASSUMPTION



“The fear of the imagined “fat black woman” was created by radical religious ideologies that have been used to both degrade black women and discipline white women”

Sabrina Strings, Ph.D  
Fearing the Black Body:  
The Racial Origins of Fat Phobia

## What is Body Hierarchy?

The systemic system that ranks body size, shape, facial features, hair as being more or less desirable, and denigrates bodies that are seen as less desirable.

This system goes back to the 15<sup>th</sup> century



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Why is weight stigma a social justice issue?

Employment

Healthcare

Mental health

Physical Health (not from weight)

Ability to enjoy things like:

going to the gym

flying on an airplane

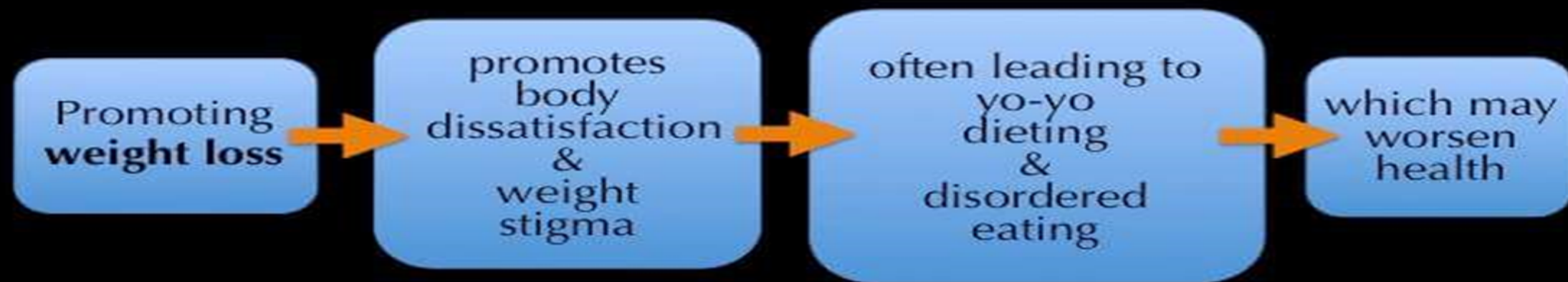
eating at a restaurant

going for a walk

Until 1973 being Gay was considered a mental health problem

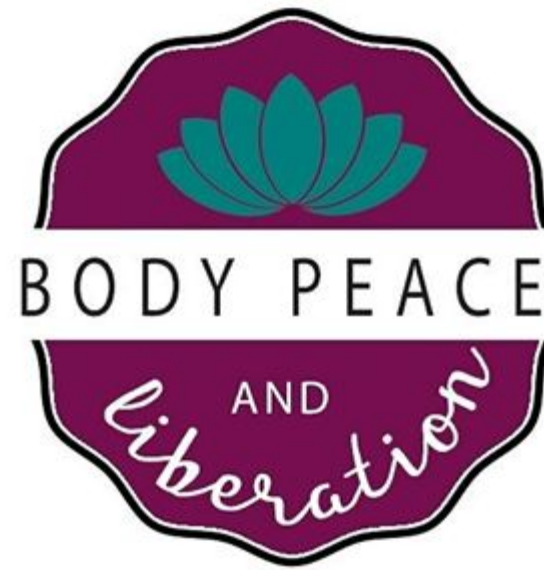
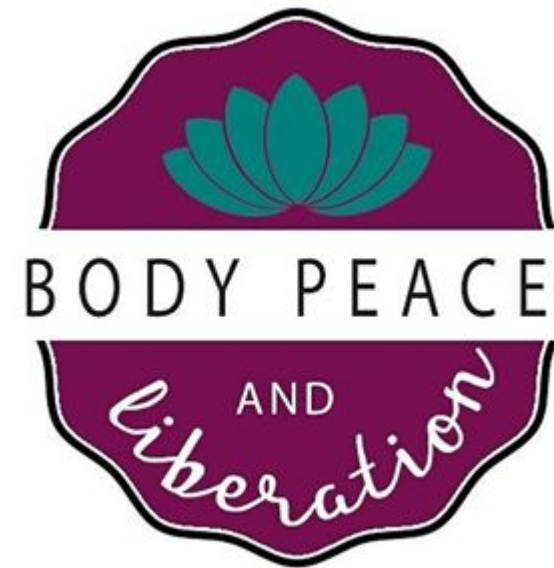
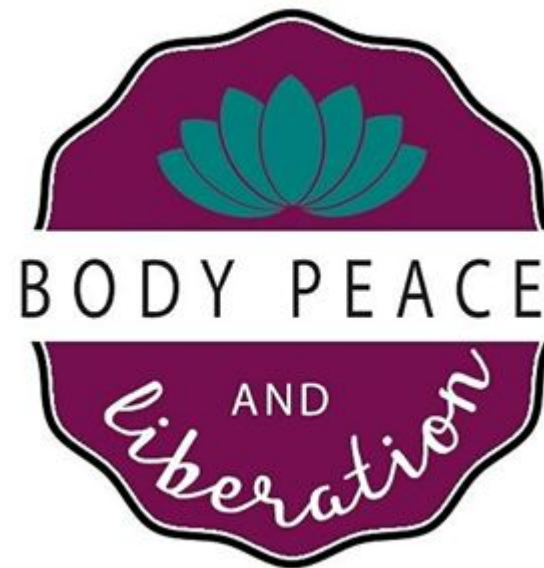
## The Tenets of Health At Every Size ®

1. **Weight Inclusivity**: Accept and respect the inherent diversity of body shapes and sizes and reject the idealizing or pathologizing of specific weights.
2. **Health Enhancement**: Support health policies that improve and equalize access to information and services, and personal practices that improve human well-being, including attention to individual physical, economic, social, spiritual, emotional, and other needs.
3. **Respectful Care**: Acknowledge our biases, and work to end weight discrimination, weight stigma, and weight bias. Provide information and services from an understanding that socio-economic status, race, gender, sexual orientation, age, and other identities impact weight stigma, and support environments that address these inequities.
4. **Eating for Well-being**: Promote flexible, individualized eating based on hunger, satiety, nutritional needs, and pleasure, rather than any externally regulated eating plan focused on weight control.
5. **Life-Enhancing Movement**: Support physical activities that allow people of all sizes, abilities, and interests to engage in enjoyable movement, to the degree that they choose.



## What will you promote?





Questions???