

WEIGHT STIGMA & EATING DISORDERS

Weight stigma is **discrimination** or **stereotyping** based on a person's body size. Some people call it 'fat phobia'. It's the idea that a person in a larger body is not as valid as a thin person - that nobody would be fat by choice.

Weight stigma can lead to **poor health, depression** and **anxiety** disorders, **low self esteem**, and **body dissatisfaction**. It can also lead to chronic stress with maladaptive behaviours (e.g. **compulsive overeating**), often leading to further **weight gain** and **stigma**.

Due to weight stigma, disordered eating behaviours are often **unrecognised, misdiagnosed, or otherwise overlooked** in people with larger bodies.

Weight stigma is a **barrier** to treatment and appropriate healthcare

Weight stigma can occur in many ways and places - from fat-shaming strangers **online**, food-policing **in the office**, to **public** seating designed only for thin people. Weight stigma or fat phobia is also commonly seen within **families** and **friendship groups**.

We can help by **refusing to tolerate** weight stigma or fat phobia in both public and private spaces.

Speak up when the only bodies featured in photos are thin! Model **body inclusivity and acceptance**.

Do not fear fat.

If you would like further information on any of EDQ's services, or this has raised any issues for you, please contact us on (07) 3844 6055 or admin@edq.org.au.

Information sourced from National Eating Disorders Association (2018), World Obesity Org (2019), and Veillette, Serrano, & Brochu (2018)