

The path to tackling weight stigma against larger-bodied women

Before, during and after pregnancy

- Weight stigma and discrimination means treating people poorly because they live in a larger body.
- It is a violation of human rights and yet, it is still a socially “acceptable” form of discrimination!
- Weight stigma occurs **too often** – in healthcare, workplaces and the community.
- Women are **pleading** for help to be treated fairly!
- Reducing weight stigma can **improve health and wellbeing** of women living in larger bodies.
- Weight stigma **can be addressed** if we work to **improve policies that are stigmatising**



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Project Goal

This project will contribute to reducing weight stigma for women - because all women should be treated fairly, regardless of body size



1: Investigate community views of women with larger bodies

- What are women's experiences of weight stigma?
- What are the views of people in the community (e.g., you, me, your colleagues, your family members, etc.) towards women with larger bodies?
- How do stigmatising messages spread through social media?



2: Investigate weight stigma in policies (e.g., guidelines and regulations)

- What improvements can be made to existing policies?



3: Create guidance to help reduce weight stigma in policies for women

- What do policy makers say about reducing weight stigma in policies for women?
- Develop guides that can help improve obesity-related policies.