

The path to tackling weight stigma against larger-bodied women

Before, during and after pregnancy



Project Goal

This project will contribute to reducing weight stigma for women - because women want and deserve to be treated respectfully and equitably, 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.

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- Weight stigma can be described as the intentional or unintentional discrimination of individuals because of their body shape, size or weight.
- Weight stigma is still a socially “**acceptable**” form of discrimination.
- Weight stigma occurs **too often** - in healthcare, workplaces and the community.
- Women want and deserve to be treated respectfully and equitably!
- 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**

