



Sticks and stones: The association between weight discrimination and mental and physical well-being

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BACKGROUND

Societal stigma



Internalised stigma



Impacts on physical & mental health



METHODS

Online survey

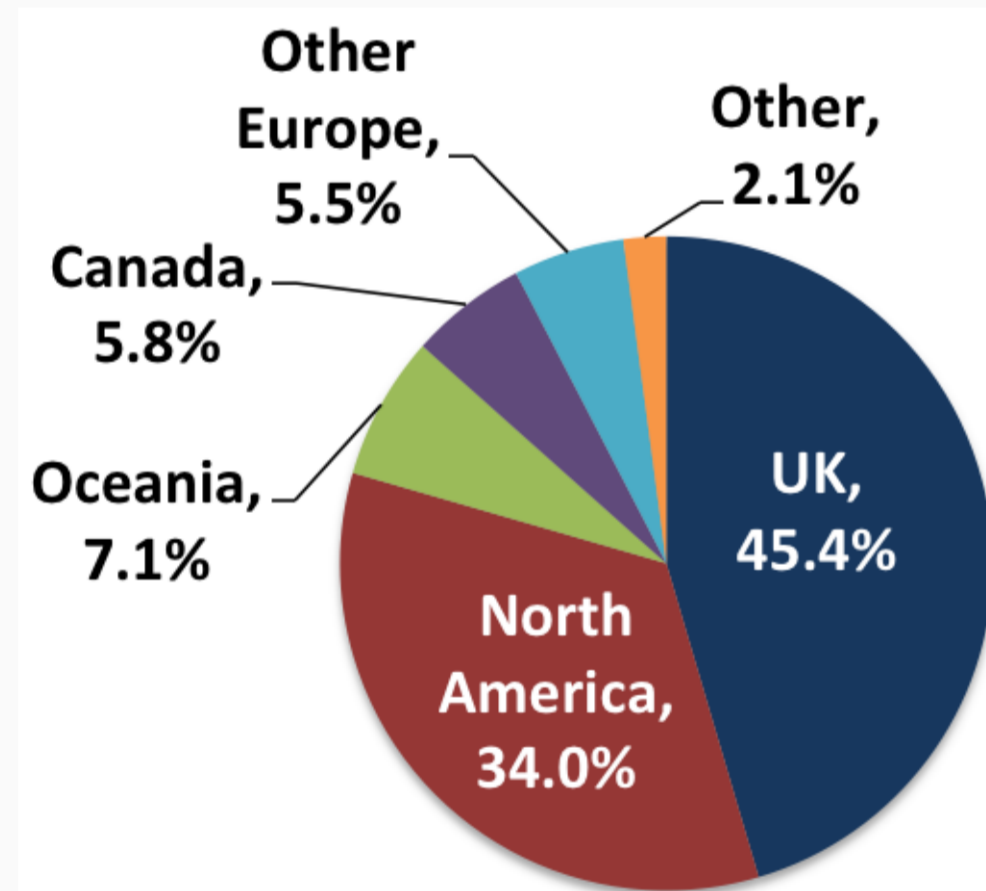


Recruited from forums & social media sites:

- Health and fitness
- Diet and weight-loss
- Plus-size fashion
- Body image etc.

RESULTS

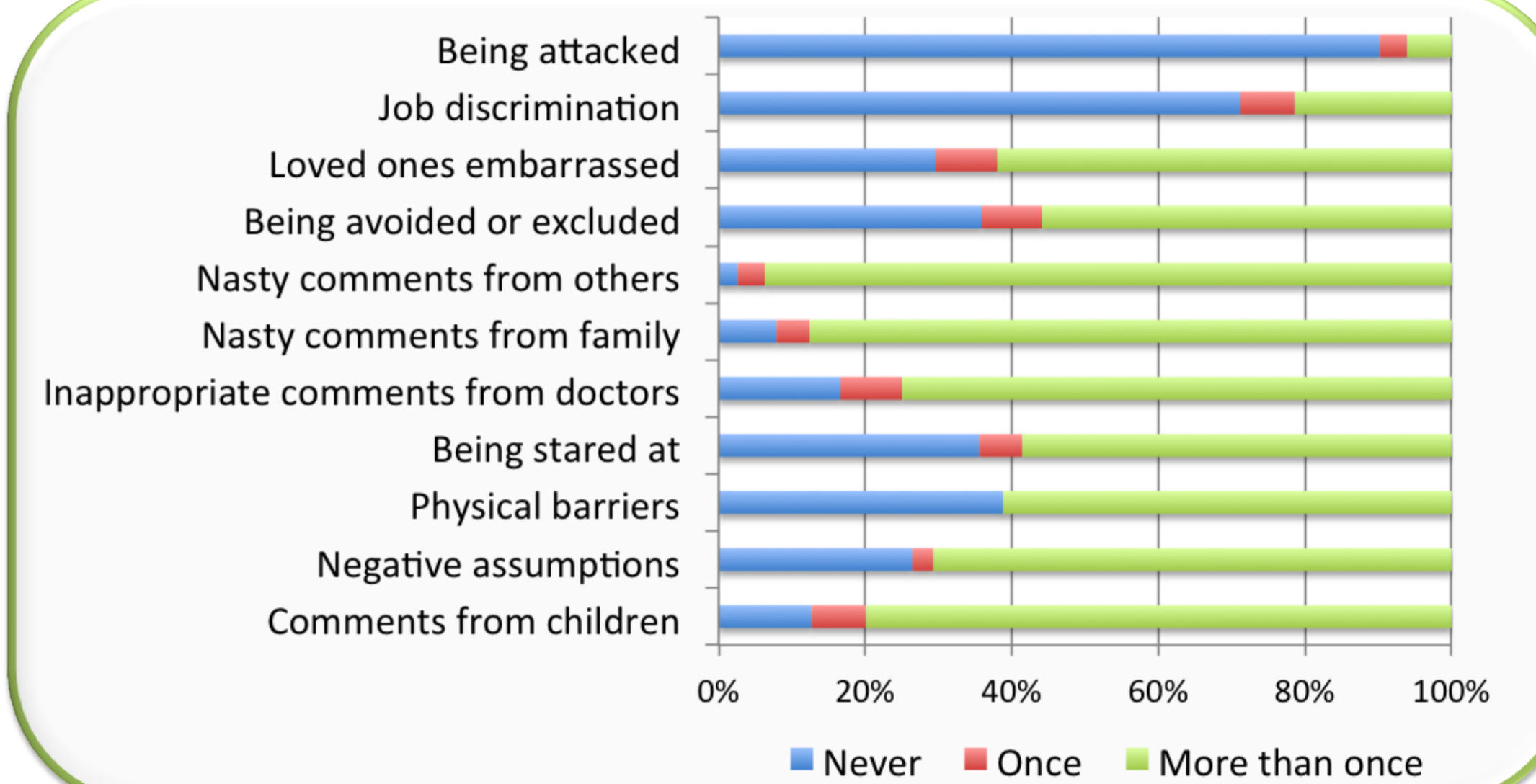
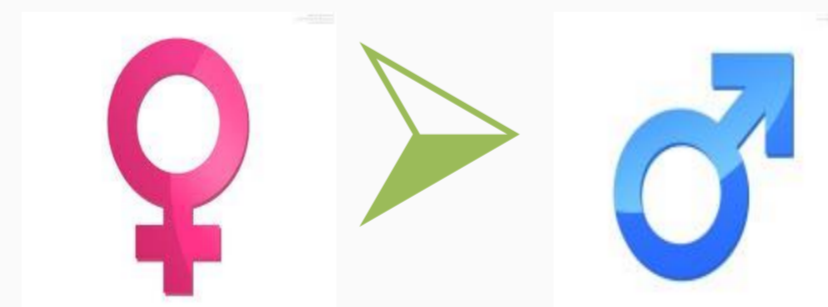
Participants



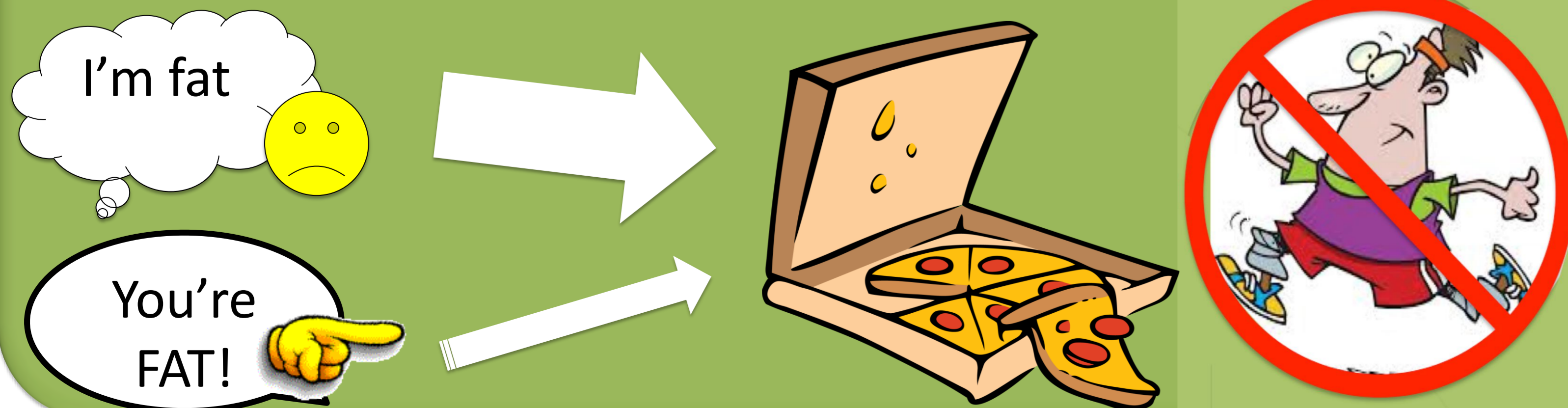
N = 379
 Overweight/Obese adults
 88% female
 Average age = 37.6
 Average BMI = 36.8

Societal stigma common:

- Friends, family, strangers
- Doctors
- Employment
- Physical attacks



Internalised stigma in particular strongly predicts disordered eating, reluctance to exercise and poor self esteem & body image



IMPLICATIONS



Can size acceptance improve health & increase health behaviours?