**WHY DOES WEIGHT BIAS MATTER?**

More than half (54 percent) of people with excess weight report experiencing stigma by coworkers. More than half of people with excess weight report having been stigmatized by coworkers. Women who are affected by obesity tend to earn salaries that are six percent lower than thinner women (for the same work performed).

**WEIGHT BIAS IN THE WORKPLACE**

In addition to being viewed as lazy, less competent and lacking in self-discipline, individuals with excess weight or obesity are paid less on the job. More than half (54 percent) of people with excess weight report experiencing stigma by coworkers. In addition to being viewed as lazy, less competent and lacking in self-discipline, individuals with excess weight or obesity are paid less on the job.

**WEIGHT BIAS ISN'T THE SAME FOR EVERYONE**

32% of Latinos/Hispanics and 26% Asians/Pacific Islanders say they’ve experienced weight bias in employment compared to 11% of all adults. 47% of Blacks/African Americans and 47% of Latinos/Hispanics and say they’ve experienced weight bias compared to 42% of all adults. 31% of Asians/Pacific Islanders and 30% of Latinos/Hispanics say they’ve experienced weight bias in education compared to 14% of all adults.

**DID YOU KNOW?**

1. In only 10 years, there was a 66% increase in reports of weight discrimination.  
2. 10.3% of U.S. adults have experienced weight bias in healthcare.  
3. Weight discrimination is the second most common form of discrimination reported by women, and is comparable to rates of racial discrimination.  
4. Weight bias also comes from family members. In one study, 72% of respondents said they experienced weight bias from family members.  
5. Far from improving health outcomes, weight bias can also lead to higher blood pressure and an overall poorer quality of life. With millions of adults and children’s lives at risk, it’s time to work together to change how we talk, think and act about weight.

**SOURCES:**