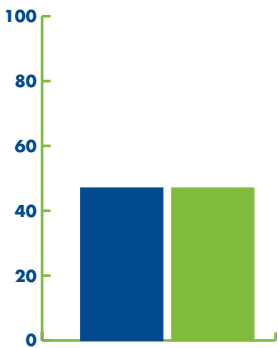




Weight Bias in Racial and Ethnic Groups

Weight bias isn't the same for everyone. A person's cultural identity plays a key role in how much weight bias they experience and how they experience it. However, certain groups are often overlooked when it comes to weight bias research. In order to fully put a STOP to weight bias, we must pay attention to how it affects everyone.

To better understand how weight bias is affected by one's background/cultural experience, the Obesity Action Coalition recently placed surveys among four U.S. groups: all adults, Black/African American adults, Latino/Hispanic adults, and Asian/Pacific Islander adults. Here are some of the differences we found:



47% of Blacks/African Americans and **47%** of Latinos/Hispanics say they've experienced weight bias compared to **42%** of all adults.¹



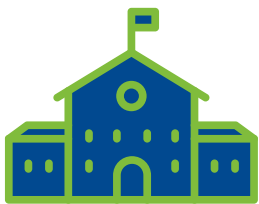
18% of Asians/Pacific Islanders and **29%** of Blacks/African Americans say they've experienced weight bias in health care compared to **10%** of all adults.¹



32% of Latinos/Hispanics and **26%** Asians/Pacific Islanders say they've experienced weight bias in employment compared to **11%** of all adults.¹



31% of Asians/Pacific Islanders and **30%** of Latinos/Hispanics say they've experienced weight bias in education compared to **14%** of all adults.¹



46% of Blacks/African Americans and **41%** of Latinos/Hispanics think schools sending home an obesity report card is an example of weight bias compared to **33%** of Asians/Pacific Islanders.¹

What can I do to STOP weight bias?

1. Ask yourself if you hold negative opinions about people with excess weight. If so, remember obesity is a complex disease with multiple causes including genetic, biological, and other noncontrollable factors.
2. Challenge people who express negative opinions about people with excess weight.

Sources:

1. OAC online survey of 1,114 U.S. adults, May 2020; OAC online survey of 517 U.S. Black/African American adults, August 2020; OAC online survey of 530 U.S. Latino/Hispanic adults, August 2020; OAC online survey of 429 U.S. Asian/Pacific Islander adults, August 2020.