

WHY DOES WEIGHT BIAS MATTER?



Obesity Care Week

130 Million Americans

AFFECTED BY OBESITY



Fast facts about weight bias

- 1 Weight discrimination is the second most common form of discrimination reported by women, and is comparable to rates of racial discrimination.¹
- 2 Weight bias also comes from family members. In one study, 72% of respondents said they experienced weight bias from family members.²
- 3 In only 10 years, there was a 66% increase in reports of weight discrimination.³
- 4 10.3% of U.S. adults have experienced weight bias in healthcare.⁴
- 5 Far from improving health outcomes, weight bias can also lead to higher blood pressure and an overall poorer quality of life.⁵



Weight bias isn't the same for everyone

- 47% of Blacks/African Americans and 47% of Latinos/Hispanics say they've experienced weight bias compared to 42% of all adults.⁶
- 32% of Latinos/Hispanics and 26% Asians/Pacific Islanders say they've experienced weight bias in employment compared to 11% of all adults.⁶
- 31% of Asians/Pacific Islanders and 30% of Latinos/Hispanics say they've experienced weight bias in education compared to 14% of all adults.⁶

Weight bias in the workplace

- More than half of people with excess weight report having been stigmatized by coworkers.⁷
- Women who are affected by obesity tend to earn salaries that are 6% lower than thinner women (for the same work performed).⁸
- More than half (54%) of people with excess weight report experiencing stigma by coworkers.⁵
- 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.⁹



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.

Sign-up for OCW Alerts to learn how you can get involved!
ObesityCareWeek.org/ocw-alerts

SOURCES

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