



## *Healing Myself First:*

Challenging Weight Stigma  
From the Inside Out

# 2011 Call to Action

## *Assess...*

### your own weight biases

- Do you look down on yourself or others because of size?
- Do you judge character based on size?
- Do you make assumptions around health status, level of activity, food intake, or motivation based on size?
- Do you exclude people based on body size?

### your language concerning body size.

- Do not contribute to Fat Talk and promote body dissatisfaction? Examples: "I'm so fat"; "Do I look fat in this?"; "I need to lose 10 pounds"; "She's too fat to be wearing that swimsuit"; "You look great! Have you lost weight?"

## *Advocate...*

- Plan for Weight Stigma Awareness Week activities you can share amongst friends, colleagues, or groups/communities you are a part of.
- Be creative and let us know what you are doing by emailing your ideas or information about your event to [info@bedaonline.com](mailto:info@bedaonline.com)
- Talk openly about your own biases within a support group or with a friend or family member

- Talk openly about your own experiences in stigmatizing situations within a support group or with a friend or family member
- Write a letter to your member of congress insisting they protect overweight/obese children from the effects of bullying. Click here for more information: <http://groups.yahoo.com/group/naafapressreleases/message/70>



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## *Learn...*

- Thinness does NOT equal health! The lowest mortality is associated with "overweight" BMI.
- BMI charts are not scientifically validated to be associated with health or longevity, and can be grossly off-base in many cases based on the individual and their genetics. Some of the world's greatest athletes are "overweight" or "obese" according to BMI!
- Think about your REAL values? What impact do you want to leave on your fellow human being? Ask yourself how much time and energy you are putting into your REAL values. With the words you use? Ask yourself what kind of impact you are leaving on others! What you say matters!
- Choose words wisely, because what we say can leave a mark that the person may never forget. If you are inducing shame, you are possibly judging. If you are judging, you may lack knowledge or understanding. If you are inducing shame or are judging without knowledge, you ARE NOT helping the other person. If you are not talking about fat or putting yourself or others down, what would you be doing with yourself and your time? Do something useful, productive, or something that is mindful of your needs.

## *Educate...*

- Write a blog on weight stigma and add it to our blog carnival on the topic. For directions, topics, and more information visit: <http://www.voiceinrecovery.com/blog/2011/07/13/announcing-weight-stigma-blog-carnivals/>
- Talk about weight stigma on twitter using the hashtag #weightstigma
- Start a group discussion about weight stigma and use the materials we are providing on the web page as a starting point.
- Use social networking to talk about weight stigma and how it affects your journey.
- Discuss own weight biases and how you are trying to change them
- Encourage acceptance of body size and health (apart from weight)