Sticks and stones: The association between weight discrimination and mental and physical well-being
Angela Meadows, Suzanne Higgs

**BACKGROUND**

Online survey Recruited from forums & social media sites:
- Health and fitness
- Diet and weight-loss
- Plus-size fashion
- Body image etc.

**METHODS**

**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

Societal stigma

Internalised stigma

Impacts on physical & mental health

You're FAT!

I'm fat

Recruited from forums & social media sites:
- Health and fitness
- Diet and weight-loss
- Plus-size fashion
- Body image etc.

**IMPLICATIONS**

Can size acceptance improve health & increase health behaviours?

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

I'm fat

You're FAT!