

# Stigma Experienced by Children and Adolescents with Obesity



The American Academy of Pediatrics Section on Obesity and The Obesity Society offers the following **recommendations** for pediatricians **to address weight stigma** in different settings.

Society believes weight stigma and shame can **motivate people to lose weight**.

But, weight stigma is **harmful** to both **emotional** and **physical health**.

## Health Consequences of Weight Stigma



Decreased Exercise and Physical Activity



Social Isolation and Academic Outcomes



Worsening Obesity



Emotional and Psychological Effects



Unhealthy Eating Behaviors



Worsening Obesity

Although pediatricians focus their efforts on improving weight-related health of youth, there should also be a **focus on weight stigma**.

## Improving Clinical Practice

Be a role model - share best practices for nonbiased behaviors.



Could we talk about your weight today?

Pay attention to language.

Use an empathetic approach for clinical documentation.



Use patient-centered empowering counseling techniques.

Create a supportive clinical environment.



Perform behavioral health screening.

## Advocate Against Weight Stigma



### Schools

Promote antibullying policies to protect vulnerable students.



### Youth-Targeted Media

Portray individuals with obesity responsibly and respectfully.



### Provider Training

Address weight stigma in ongoing training and education for medical students, residents, and practicing physicians.



### Parents

Empower families and patients to manage and address weight-related health issues in schools, communities, and homes.



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