

## Get the facts

Weight bias has negative consequences for emotional wellbeing. Children and adults who experience weight bias are vulnerable to:

- Depression
- Anxiety
- Low self-esteem
- Social rejection
- Suicidality

Weight bias negatively impacts physical health, and could reinforce behaviors that contribute to obesity. Children and adults who experiences weight bias are more likely to engage in:

- Unhealthy weight control behaviors
- Binge-eating episodes
- Avoidance of physical activities (where stigma often occurs)

Weight bias negatively impacts quality of health care for overweight and obese patients:

- Obese patients are more likely to delay and cancel medical appointments and preventive health services (such as mammograms and other cancer screenings).
- Obese patients report that the reasons for avoiding medical appointments are due to experiences of weight bias in health care settings (such as negative attitudes from providers and medical equipment that is too small for their body size).

To learn more about weight bias, visit [www.yaleruddcenter.org](http://www.yaleruddcenter.org).

