



Non-Stigmatizing Language and Images

Why?

Obesity bias and stigma can impact individuals across many settings. Weight-based stereotypes can lead to unfair treatment in school, the workplace, and healthcare settings.

PERSON-FIRST LANGUAGE



ENCOURAGED

Patient with obesity
Person with diabetes
Patient with severe obesity
Weight
Excess weight
Unhealthy weight
Overweight
Body mass index
Affected by obesity



DISCOURAGED

Obese patient
Diabetic
Morbidly obese patient
Morbidly obese
Obese
Fat
Heaviness
Large size

Non-Stigmatizing Images

Many public images depict individuals living with obesity in a negative light. Consider using non-stigmatizing images that offer a fair and unbiased representation of both youth and adults living with obesity to combat these harmful portrayals.