



Statement on Size Acceptance and Body Positivity

OAC believes weight bias and stigma are major issues in society. Weight bias is negative attitudes, beliefs, judgments, stereotypes, and discriminatory acts aimed at individuals simply because of their weight. Weight stigma is discriminatory acts and ideologies targeted towards individuals because of their weight and size. Weight stigma has negative effects on the victims and we need to eradicate it. When it comes to fighting weight bias and stigma, every voice counts. The more voices working toward eliminating weight stigma and discrimination the better.

OAC is aligned with the universal beliefs that:

- All bodies deserve care, love, dignity, and respect.
- Body size and health status should never be used to judge, oppress, or determine the value of an individual.
- People with larger body sizes should be compensated fairly for their work and welcomed in all public spaces.
- We need to change perceptions of body size and end weight bias, stigma and discrimination.
- We need to increase equitable access to high-quality medical care and health services for all.
- We need to promote size acceptance and lessen the cultural obsession with thinness.

OAC further believes that individuals in large bodies deserve more:

- Body size acceptance and positivity are also about body autonomy and doing what is right for you and your body as you see it, including receiving medical care and treatments for the disease of obesity when appropriate.
- Obesity is a complex and chronic disease that is not simply diagnosed by body mass index (BMI) or body size.
- Science-based interventions are available and can help people with obesity improve their health and quality of life.
- People living with obesity deserve equitable access to safe and effective treatment options for obesity.
- OAC believes that criticizing someone for exhibiting body autonomy and seeking evidence-based treatments is a form of weight stigma that should be eliminated.
- Medical autonomy should be respected to allow individuals the right to seek or refuse treatments based on their individual needs, preferences, and circumstances that can change over time.

The mission of the OAC is to elevate and empower individuals affected by obesity through education, advocacy and support. To learn more about the OAC and join our efforts today, please visit ObesityAction.org.

