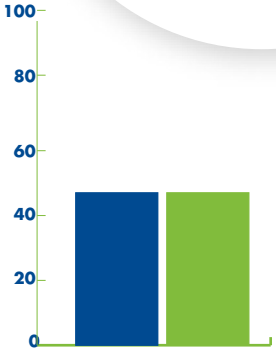
STOP WEIGHT BIAS

Be Part of the Solution

Weight Bias in Racial and Ethnic Groups

Weight bias isn't the same for everyone. A person's racial, ethnic and cultural background can influence how they experience weight bias. However, certain groups are often overlooked in weight bias research. To fully put a STOP to weight bias, we must pay attention to how it affects everyone.

To better understand how experiences of weight bias differ across racial and ethnic groups, the Obesity Action Coalition conducted surveys in 2020 among four U.S. groups: all adults, Black/African American adults, Latino/Hispanic adults and Asian/Pacific Islander adults. Here are some of the differences respondents reported:[1]



47% of respondents in both the Black/African American and Latino/Hispanic survey groups reported experiencing weight bias, compared to **42%** of all adults.[1]



32% of Latino/Hispanic respondents and **26%** of Asian/Pacific Islander respondents say they've experienced weight bias in employment compared to **11%** of all adults.[1]



46% of Black/African American respondents and **41%** of Latino/Hispanic respondents thought schools sending home an "obesity report card" was an example of weight bias compared to **33%** of Asian/Pacific Islander respondents.[1]



18% of Asian/Pacific Islander respondents and **29%** of Black/African American respondents say they've experienced weight bias in health care compared to **10%** of all adults.[1]



31% of Asian/Pacific Islander respondents and **30%** of Latino/Hispanic respondents said they had experienced weight bias in education compared to **14%** of all adults.[1]

What can I do to STOP weight bias?

1. Ask yourself if you hold negative opinions about people with excess weight. If so, remember obesity is a complex disease with multiple causes including genetic, biological and other factors beyond a person's control.
2. Challenge negative comments and stereotypes about people with excess weight.

Be Part of the Solution. Visit StopWeightBias.com

Sources:

1. Obesity Action Coalition. Online survey of 1,114 U.S. adults, May 2020; online survey of 517 U.S. Black/African American adults, August 2020; online survey of 530 U.S. Latino/Hispanic adults, August 2020; online survey of 429 U.S. Asian/Pacific Islander adults, August 2020. Weight-Bias-racial-ethnic-groups