



Breaking WEIGHT BIAS

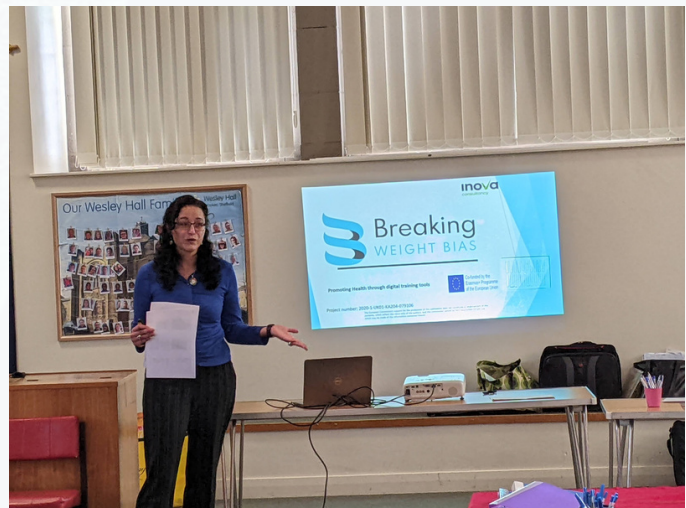
Our latest news

Promoting Health without
harming through digital
training tools

Our partners have been piloting the new Breaking Weight Bias **training course**, alongside the **Dynamic Demonstrator**, to healthcare practitioners across Europe.

Project number:
2020-1-UK01-KA204-079106

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01-10-2020 - 30-09-2022



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#BreakingWeightBias

These digital tools aim to:

- help healthcare practitioners to understand the reasons why weight bias is harmful,
- provide them with the skills and tools they need to promote health without harming,
- make clear that treatment of obesity is more complex than the advice of 'eat less-move more'.

The following page presents a brief summary of the piloting and events held by our partner organisations.

WHOLE:

WHOLE piloted the tools with 29 healthcare professionals in Greece. The majority of participants agreed that they would recommend the training course and Dynamic Demonstrator to their colleagues.

"Keep up creating educational material about weight bias! We want to disseminate it as well!"

However, they found that doctors seemed less willing or motivated to take part in an educational project about weight bias.

Danmar Computers:

Danmar Computers tested the tools with 20 healthcare professionals in Poland. Participants were positively surprised by the usefulness of the training course and Dynamic Demonstrator and many requested to see the final version of the tool to use in their future activities.

CIVIC:

CIVIC piloted the tools with 20 healthcare professionals in the UK receiving positive feedback from participants who felt the tools had developed their knowledge and awareness on weight bias. The main suggestion for improvement was to make the training more concise given the limited time healthcare workers have.

ATERMON:

ATERMON had 15 participants in their pilot, including IT professionals and developers, healthcare professionals, and adult educators. The general feedback was very positive and participants were very interested in the Dynamic Demonstrator.

Babeş-Bolyai University:

BBU pilot tested the Romanian version of the tools with 20 healthcare professionals. They received positive feedback regarding the value, and structure of the content with many participants enthusiastic to share the training with their colleagues. The main difficulty participants encountered was having enough time to review all the materials properly.

"I believe it is a great tool in helping the healthcare professionals. My only suggestion- for it go viral and impact as many people as possible!"

INOVA CONSULTANCY:

Inova held two online events and one in-person event targeting a mix of healthcare professionals and individuals with an interest in learning more about weight bias and stigma. The sessions introduced the topic of Weight Bias and Weight Stigma and linked these to Inova's work on Positive Psychology. The sessions received positive feedback, helping participants reflect and change their mindsets.

Partners



inova
consultancy



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