

Breaking Weight Bias

Project n. 2020-1-UK01-KA204-079106

The Breaking Weight Bias training course is the core of the project and it aims to offer valid training content to healthcare professionals in order to provide their patients with the best support possible by challenging their weight bias.

The training course created is structured as follows:

- 1.1. Definitions of weight bias, stigma, discrimination & internalized weight bias
- 1.2. Sources of weight stigma & Prevalence
- 1.3. Common misconceptions about weight and people with obesity
- 1.4. Impact of weight bias on patients with overweight or obesity

1. Weight Bias



2. Weight bias in healthcare settings

- 2.1. Weight bias as a barrier to therapeutic relationship and treatment
- 2.2. Identifying potentially harmful practices
- 2.3. Strategies to Reduce Weight Bias in Clinical Practice

- 3.1. Factors that contribute to internalization of weight bias
- 3.2. Adaptive and maladaptive responses to weight stigma
- 3.3. Identifying your patients' maladaptive mechanisms to cope
- 3.4. Strategies to manage maladaptive coping mechanisms

3. Weight Bias Internalization



4. Weight & Fatness in modern society

- 4.1. Belief system about weight in western societies
- 4.2. Coming out as fat

- 5.1. Control of body weight
- 5.2. Dieting as a weight control method
- 5.3. BMI as a health measure
- 5.4. Beyond body weight

5. Dismantling body weight



6. Tools for a healthier relationship with food and body

- 6.1. Non-diet mentality
- 6.2. Movement
- 6.3. Body image
- 6.4. Trauma informed approach



Co-funded by the Erasmus+ Programme of the European Union



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