

Promoting health without harming through digital training tools

The project aimed to design, develop and disseminate an innovative training framework and a complete set of training material and tools about weight bias in healthcare settings as well as to make clear that treatment of obesity is more complex than the advice of “eat less-move more”. Also, the project aimed to provide participants with the skills and methodological tools so they will be able to promote health without harming.



The Breaking Weight Bias project has almost come to an end. Here's an overview of what the project has achieved!

MAIN PROJECT RESULTS

- The BWB training course
- The Dyanmic Demonstrator
- Virtual Academy

DISSEMINATION

In terms of dissemination updates, the project has so far reached almost 25k people, through dissemination activities.

Mostly all dissemination activities were carried on social media.

In terms of dissemination products, the consortium has created so far:

- 3 newsletters
- 4 press releases
- 1 project brochure
- 1 project banner
- 1 promotional video
- 8 sets of infographics