



# Breaking WEIGHT BIAS

Promoting Health  
without harming through  
digital training tools

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

**Implementation period:**  
01-10-2020 - 30-09-2022

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## About the project

The main project aim is to raise awareness among health professionals about the harmful impact of weight bias, as well as to make clear that treatment of obesity is more complex than the advice of 'eat less-move more', so that they will be able to promote healthy behaviours without harming.

## Current Outcomes

Breaking Weight Bias progress on:

- Desk Review to profile the partner countries
- Conduct survey in each partner country
- Structure of the training methodology

# Survey Results

**230 Participants** from the partner countries

**Significant findings at the evaluation of health professionals attitudes, beliefs, perceptions and decisions**

- **29,5%** of the participants agreed with the statement that their colleagues tend to have negative attitudes towards clients affected by obesity.
- **45,9%** of the participants have heard/witnessed health care providers making negative comments or jokes about clients affected by obesity.
- **49,4%** of the participants agreed with the statement that in the medical setting, clients affected by obesity are a common target of derogatory humour by students, residents, and/or attendings.

In total, the survey results demonstrated the necessity of this project and contributed to the structure of the training course based on health professionals' actual needs.

**Stay tuned to our website for the final survey report.**



## Partners



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