

Body Weight Words Matter!

Use words that hurt less to reduce stigma

Lucia Weiler RD PHEc. Dietitian, Nutritionist
@ LuciaWeiler RD

Least Hurtful vs **Hurtful/Stigmatizing**



Weight



Obese

Person in larger body

Overweight problem

High / Excess body weight

Heavy

Fat

High BMI

Chubby

Unhealthy weight

Chunky