

## The Stigma of Obesity: A Review and Update

Individuals living with overweight and obesity face multiple forms of prejudice and discrimination and experience stigma in a variety of settings.

Weight bias translates into inequities in employment settings, health-care facilities, and educational institutions - where individuals are often mistreated due to misconceptions surrounding the individual's abilities or motivation.

This systematic literature review includes studies published between 2000 and 2008. The review investigates the way in which weight stigma is manifested in a variety of settings, including:

- Employment settings
- Healthcare settings
- Educational settings
- Interpersonal relationships
- Media

The review also investigates the psychological and physical health consequences of weight stigma and suggests stigma-reduction strategies.

Puhl, Rebecca M., and Chelsea A. Heuer. "The Stigma of Obesity: A Review and Update." *Obesity*, vol. 17, no. 5, May 2009, pp. 941–964, [onlinelibrary.wiley.com/doi/full/10.1038/oby.2008.636](http://onlinelibrary.wiley.com/doi/full/10.1038/oby.2008.636), 10.1038/oby.2008.636.