

Weight stigma and obesity-related policies: A systematic review of the state of the literature

This review aims to understand the availability of literature surrounding policies related to the prevention and treatment of obesity and policies that reduce or promote discrimination based on excess weight. The review aims to inform future obesity-policy and mitigate weight stigma through the production of a set of recommendations for researchers and policymakers.

The review identified 2 key types of recurring studies

- studies investigating factors associated with support for obesity-related policies
- studies exploring policy implementation and evaluation

The review elucidates that non-stigmatising obesity-related policies are favoured when obesity is attributed as an environmental rather than individual problem.

The review recommends to policymakers that broader socioecological stigma-reduction approaches are needed to fully address the issue of weight stigma in obesity-related policies and that further research is required.

Hill, Briony, et al. "Weight Stigma and Obesity-Related Policies: A Systematic Review of the State of the Literature." *Obesity Reviews*, 9 Sept. 2021, 10.1111/obr.13333.