The Reality of
FATMISIA
(Fatphobia)

DEFINITION: (noun)
Hatred of fat people; prejudice against fat people

Poverty

It's impossible to talk about obesity without also talking about poverty.

Anyone who has lived in poverty can tell you that when shopping for a limited budget, your options are to pick two: cheap, nutritious, or quick.

Fat people don't get employed because of stigma and beliefs that fat people are stupid, lazy, or dirty.

Some studies show that obese women encounter more discrimination than obese men. Scientists at the University of Exeter have found evidence that simply being a more overweight woman leads to lower opportunities in life, including lower income.

According to the study, if a woman was a stone (6.3kg) heavier for no other reason than her genetics, she would have an income **£1,500** less per year than a thinner woman of the same height.

About 22% to 30% of people reported that their first experiences of weight stigma happened by age 10

Healthcare

Many fat people refuse to go to medical professionals because their doctors answer every medical concern with "Lose weight."

We are often not asked about our eating habits or how active we are, but are told that everything we suffer is due to our lack of self-discipline. Our doctors humiliate us, insult us, exhibit disgust.

We run incredible risks when our GPs don't listen to our complaints: Cancer goes ignored, ligament issues worsen and give us early arthritis, we're told to stick to diets that almost kill us.

We still use BMI as our main measurement for health, and we penalize people who are deemed unhealthy by it, even when that's clearly wrong. We ignore the fact that the mathematician who invented the BMI formula (in the late 19th century) said that using it to measure fatness was a stupid idea.

Studies show that 24% of nurses said that they are "repulsed" by fat people.

Fat Shaming

Dr Eric Robinson, a psychologist specialising in obesity at the University of Liverpool, says fat-shaming does not motivate people to lose weight.

"Regardless of whether fat shaming is a good or bad thing for weight management, we also now know that people who feel shamed and discriminated against because of their weight are far more likely to develop mental health conditions, including eating disorders and depression."

We're all different

Human bodies have a great range of diversity. We're different shapes and sizes and it doesn't have a clear correlation with health. Fat people can be just as smart, talented, fit, and healthy as thin people.

Accepting people as they are is far better for physical and mental health, understanding that there are multiple factors in someone's diet and lifestyle and that we cannot tell someone's story from just looking at a number on the scale.

Challenge discrimination wherever you see it, and look within and challenge your assumptions about body sizes and shapes.