

# People-First



“Interventions focusing solely on weight and size can be stigmatising and harmful, its about supporting people with health and wellbeing not weight loss.

The sole responsibility does not lie with the patient alone. Lets put People First”

-Karen Gaynor, ASOI

“I was pleasantly surprised at the positive reaction from the public who stopped to chat with us on World Obesity Day. With up to 60% of our Irish population affected by their weight it was clear this is someone in their family or close circle”

- Maura Murphy ICPO/ASOI



For me, the ASOI EOD Conference 2019 brought the need for healthcare professionals to work much harder to end obesity stigma to a national stage. It brought the voices of patients and healthcare professionals together, which ongoing is how we will make our message stronger

– Cathy Breen ASOI



“I felt optimistic that the medical students who will become doctors are more aware of the importance of non stigmatising language as they were very receptive to the People First message at their Summit.

They listened to our stories and understood the importance of being non-judgemental “

– Nicola Kavanagh ICPO



## People-First Language for Obesity

Labelling people as ‘obese’ has a very negative impact...

- 👉 It creates negative feelings towards that individual
- 👉 It affects how likely they are to seek medical care
- 👉 It perpetuates weight bias and stigma
- 👉 It causes discrimination
- 👉 It influences how that person feels about their condition and themselves

...it needs to end.

People-first language has been widely adopted for most chronic diseases and disabilities – but not obesity.

**We believe it’s time to make a change.**

**Are you People-First? We are.**

Help eradicate weight bias and stigma. Help strengthen respect and dignity for people with obesity.

## #LivingWithObesity

