

STIGMA IN THE MEDIA

Many of these stigmatising memes have been shared on social media since the COVID-19 Lockdown.

The lack of outrage against weight stigma is a stigma in itself
-June Shannon, Freelance Medical Journalist.

"We are just like you. We laugh, we enjoy ourselves just like you do. Shape does not define what kind of person you are"

- Aggie Sobanska ICPO

THIS MAKES ME FEEL IT IS ALL OR NOTHING, ONLY GOOD OR BAD FOOD. THAT FAT IS BAD, SLIM IS GOOD AND THE ASSUMPTION THAT PEOPLE WITH WEIGHT ARE NOT HEALTHY"

-LINDA SMYTH ICPO

First outing with friends after quarantine!

Me in Quarantine



"Putting on weight is not funny when you know others will be mean about it"

- Cara 12 years, Co. Wexford

"These photos imply that the worst thing that can happen to someone is that they will end up in this position of carrying excess weight. They stigmatise people and can cause people to feel judged"

-Dr Conor Woods

"I've been 20 stone, I've been 10 stone. I swim, I climb mountains. I've always lived with obesity"

-Teena Gates ICPO





"The facts reported in an article may be true, but using imagery like this to go with it is highly stigmatising"

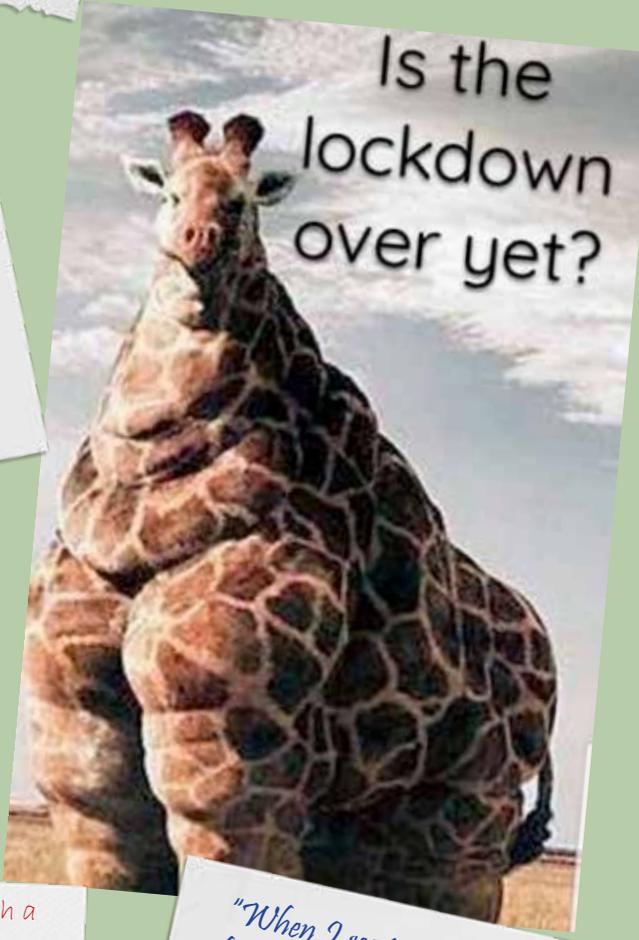
-Oonagh Lyons, ANutr, ASOI

"Someone who lives with obesity may change body shape many times in our lives. We still have the same smile, heart, intelligence, feelings. We see the world the same through our eyes. Stop the stigma"

-Susie Birney, ICPO/ASOI

"We are just like you. We laugh, we enjoy ourselves just like you do. Shape does not define what kind of person you are"

-Aggie Sobanska ICPO



"I've been working with a counsellor on getting over people's opinions of my weight. If I wasn't happy in my own skin I'd be very upset, but at the minute these pictures don't have an effect on me"

- Elly 12 years, Co. West Meath

"When I see images like these, or hear comedians resort to weight for attempts at humour, my heart always sinks. It is so disappointing that so many of us are oblivious to the harm it causes. Continuing to highlight the damage caused by weight stigma is the only way we can reinforce how unacceptable this is"

-Louise Tully, ASOI

"NOT EVERYONE WHO EATS FRIES IS OVERWEIGHT, AND NOT EVERYONE WHO IS OVERWEIGHT EATS FRIES"

- CARA 12 YEARS, CO. WEXFORD