



# Obesity Care Week

March 1<sup>st</sup> - 7<sup>th</sup>, 2020

## WEIGHT BIAS and CHILDHOOD BULLYING

# 92% OF CHILDREN



REPORT THAT THEY WITNESS THEIR PEERS AFFECTED BY OBESITY AND EXCESS WEIGHT BEING TEASED AT SCHOOL.<sup>1</sup>



Childhood obesity is the most common chronic disease of childhood, affecting more than 30 percent of children in the U.S. Weight bias begins as early as pre-school, and may get worse as children age<sup>2</sup>, leading to increased incidences of bullying in our schools.



According to the National Education Association, for students experiencing obesity or overweight, the school experience is one of ongoing prejudice, unnoticed discrimination and almost constant harassment. From nursery school through college, these students experience ostracism, discouragement and sometimes violence.



GIRLS 63%



BOYS 58%

58 percent of boys and 63 percent of girls in high school experience daily teasing, bullying or rejection because of their size.<sup>4</sup>

Children and teens who are victims of bullying may have thoughts of suicide and some may actually commit suicide.<sup>5</sup>



Children affected by obesity miss more days of school than their peers.<sup>6</sup>

Weight-based teasing makes young people more likely to engage in unhealthy eating patterns and avoid physical activity.<sup>7</sup> The “tough love” approach will backfire and lead to less healthy behaviors.

Sign-up for OCW Alerts to learn how you can get involved!

[ObesityCareWeek.org/ocw-alerts](http://ObesityCareWeek.org/ocw-alerts)

### SOURCES:

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