



# Guidelines for Media Portrayals of Individuals Affected by Obesity



# BACKGROUND

The media is an important and influential source of information about obesity. The way that obesity, weight-loss and weight maintenance are portrayed, described, and framed by the media profoundly shapes the public's understanding and attitudes toward these important health issues and the individuals affected by them.

The Rudd Center for Food Policy and Obesity, The Obesity Society (TOS), Obesity Action Coalition (OAC), Obesity Medicine Association (OMA), and American Society for Metabolic and Bariatric Surgery (ASMBS) believe that mainstream journalists have an obligation to be fair, balanced, and accurate in their reporting of obesity and persons whose lives are affected by this disease. Unfortunately, individuals affected by excess weight or obesity are often portrayed negatively and disparagingly in the media,<sup>1-4</sup> and reports about the causes and solutions to obesity are often framed in ways that reinforce stigma. These portrayals perpetuate damaging weight-based stereotypes and contribute to the pervasive bias and discrimination that individuals affected by this disease experience in everyday life.

Individuals affected by obesity or excess weight frequently confront stigma and discrimination in the workplace, educational institutions, health care facilities, and many other settings.<sup>5</sup> These stigmatizing experiences can impair emotional well-being, leading to depression, anxiety, low self-esteem, and even suicidal behaviors. Unfortunately, weight stigma can also lead to unhealthy behaviors and risk factors that exacerbate obesity.<sup>5-6</sup> Thus, weight stigma poses significant consequences for both emotional and physical health.



## I: Respect Diversity and Avoid Stereotypes

1. Avoid portrayals of individuals affected by excess weight or obesity merely for the purpose of humor or ridicule.
2. Avoid weight-based stereotypes (e.g., such as individuals affected by obesity are “lazy” or “lacking in willpower”).
3. Present individuals affected by excess weight or obesity in a diverse manner, including both women and men, of all ages, of different appearances and ethnic backgrounds, of different opinions and interests, and in a variety of roles.
4. Portray individuals affected by excess weight or obesity as persons who have professions, expertise, authority, and skills in a range of activities and settings.
5. Do not place an unnecessary or distorted emphasis on body weight. Descriptions of a person’s body weight should not imply negative assumptions about his or her character, intelligence, abilities, or lifestyle habits.

## II: Appropriate Language and Terminology

Consider carefully whether terminology and language used to describe body weight could be offensive to persons with obesity, and how this language will be interpreted by the intended audience.

Avoid using potentially pejorative adjectives or adverbs when describing people who are affected by excess weight or obesity, as well as language that implies moral judgments or character flaws of this population.

Incorporate People-First Language for Obesity, the policy of putting individuals before the disability or disease, when describing individuals affected by obesity. For example, rather than stating “there are many obese and overweight people...” use People-First language such as “there are many people affected by obesity.” Labeling an individual by their disease dehumanizes the individual. The media does not say “cancerous people” when reporting on individuals with cancer; similarly, obesity must be given the same respect as other diseases. For more information on People-First Language for Obesity, please visit [www.obesityaction.org/weight-bias-and-stigma/people-first-language-for-obesity](http://www.obesityaction.org/weight-bias-and-stigma/people-first-language-for-obesity).

Use appropriate descriptive terms for body weight. Examples include referring to obesity or body weight scientifically with Body Mass Index (BMI) descriptors, and using terms like “weight” or “excess weight” rather than “weight problem,” “fat,” “severely obese,” or other similar descriptors. While using the words “fat” or “fatness” might be acceptable to individuals who identify with the Fat Acceptance movement, these terms can be offensive to others. Similarly, while clinical terms to describe various degrees of obesity are appropriate when used in the scientific community, these terms may be viewed as pejorative to other public audiences.<sup>7,8</sup>

When interviewing a person who is affected by excess weight or obesity, if their weight is relevant to the story, ask the individual what term(s) he/she prefers to be used when describing his/her body weight.

## III: Balanced and Accurate Coverage of Obesity

Ensure that news stories, articles, and reports about obesity are grounded in scientific findings and evidence-based research. Identify the funding source of any science that is cited and be aware of potential conflicts of interest related to scientific research findings.<sup>9</sup>

Be familiar with the complex causes of obesity, including environmental, biological, genetic, economic, social and individual factors, as well as the current scientific evidence on the treatment of obesity and weight-loss.<sup>10-11</sup> The causes and solutions of obesity are complex, and this complexity requires seeking multiple perspectives and comprehensive reporting.

To present balanced coverage about the causes and solutions for obesity, consider different sides of the debate (e.g., societal versus personal responsibility). Productive debates can only occur when different positions are adequately and accurately presented. Very often, media coverage of obesity is biased with an over-emphasis on individual responsibility, ignoring important societal, economic, biological, and environmental contributors of obesity.<sup>12-14</sup>

## IV: Appropriate Pictures and Images of Individuals Affected by Obesity

Images can often contribute to the depersonalization and stigmatization of individuals affected by excess weight or obesity. Photographs or video used for journalistic purposes should be chosen carefully to avoid stigma and pejorative portrayals of individuals affected by excess weight or obesity. Examples of pejorative pictures that should be avoided include the following:

- i) Photographs or video that place unnecessary emphasis on excess weight or that isolate an individual's body parts (e.g. abdomens or buttocks). This includes pictures of individuals affected by obesity from the neck down (or with face blocked) for anonymity.
- ii) Images that depict individuals affected by obesity engaging in stereotypical behaviors (e.g., eating junk food, engaging in sedentary behavior). If these photographs are chosen, they should be accompanied by pictures portraying individuals affected by obesity in ways that challenge weight-based stereotypes (e.g., eating healthy foods, engaging in physical activity).
- iii) Photographs or video that depict individuals affected by obesity in scantily clad clothing or looking disheveled in their appearance.

Instead, select appropriate photographs, videos, and images that portray individuals affected by obesity in the following manner:

- i) Engaging in diverse activities, roles, careers, and lifestyle behaviors.
- ii) Portrayed in appropriate-fitting clothing and a well-kept appearance.
- iii) Depicted in a neutral manner, free of additional characteristics that might otherwise perpetuate weight-based stereotypes.

When selecting an image, video, or photograph of an individual affected by obesity, consider the following questions:

1. Does the image imply or reinforce negative stereotypes?
2. Does the image portray an individual affected by obesity in a respectful manner? Is the individual's dignity maintained?
3. What are the alternatives? Can another photo or image convey the same message and eliminate possible bias?
4. What is the news value of the particular image?
5. Who might be offended, and why?
6. Is there any missing information from the photograph?
7. What are the possible consequences of publishing the image?

For examples of proper imagery, please visit:

[www.yaleruddcenter.org/press/media\\_gallery\\_intro.aspx](http://www.yaleruddcenter.org/press/media_gallery_intro.aspx)  
[www.obesityaction.org/oac-image-gallery](http://www.obesityaction.org/oac-image-gallery)  
[www.imagebank.worldobesity.org/](http://www.imagebank.worldobesity.org/)  
[www.obesitynetwork.ca/images-bank](http://www.obesitynetwork.ca/images-bank)

## Conclusion

Weight bias penetrates every facet of life for individuals that are affected by obesity. The media plays an integral role in the perception of not only the disease of obesity, but also the individuals impacted by it. It is our hope that, as a media representative, you will adhere to these guidelines when reporting on the disease of obesity.

## Guidelines for Communicating Obesity

- I: Respect Diversity and Avoid Stereotypes
- II: Use Appropriate Language and Terminology
- III: Conduct Balanced and Accurate Coverage of Obesity
- IV: Select Appropriate Pictures and Images of Individuals Affected by Obesity

## Weight Bias Resources

- Rudd Center for Food Policy and Obesity – Free Image and B-roll Video Gallery for the Media  
[http://www.yaleruddcenter.org/press/media\\_gallery\\_intro.aspx](http://www.yaleruddcenter.org/press/media_gallery_intro.aspx)
- Obesity Action Coalition (OAC) – Weight Bias & Stigma  
[www.obesityaction.org/weight-bias-and-stigma](http://www.obesityaction.org/weight-bias-and-stigma)
- The Obesity Society  
[www.obesity.org/resources-for/obesity-bias-and-stigmatization.htm](http://www.obesity.org/resources-for/obesity-bias-and-stigmatization.htm)

## Supporting Organizations

Guidelines for Media Portrayals of Individuals Affected by Obesity are proudly supported by the following organizations:

**Rudd Center for Food Policy and Obesity**

**The Obesity Society (TOS)**

**The Obesity Action Coalition (OAC)**

**Obesity Medicine Association (OMA)**

**American Society for Metabolic and Bariatric Surgery (ASMBS)**

## Endnotes:

- <sup>1</sup> Puhl RM, Peterson JL, DePierre JA, Luedicke J. Headless, hungry, and unhealthy: a video content analysis of obese persons portrayed in online news. *Journal of health communication*. 2013;18(6):686-702.
- <sup>2</sup> Heuer CA, McClure KJ, Puhl RM. Obesity stigma in online news: a visual content analysis. *Journal of health communication*. 2011;16(9):976-987.
- <sup>3</sup> Hussin M, Frazier S, Thompson JK. Fat stigmatization on YouTube: A content analysis. *Body image*. 2011;8:90-92.
- <sup>4</sup> Ata RN, Thompson JK. Weight bias in the media: A review of recent research. *Obesity Facts*. 2010; 3:41-46.
- <sup>5</sup> Puhl RM, Heuer CA. The stigma of obesity: A review and update. *Obesity* 2009; 17: 941-964.
- <sup>6</sup> Sutin AR, Terracciano A (2013) Perceived Weight Discrimination and Obesity. *PLoS ONE* 8(7): e70048. doi:10.1371/journal.pone.0070048
- <sup>7</sup> Wadden TA, Didie E. What's in a name? Patients' preferred terms for describing obesity. *Obesity Research* 2003; 11:1140-1146.
- <sup>8</sup> Puhl R, Peterson JL, Luedicke J. Motivating or stigmatizing? Public perceptions of weight-related language used by health providers. *International Journal of Obesity* 2013;37(4):612-619.
- <sup>9</sup> Vartanian LR, Schwartz MB, Brownell, KD. Effects of soft drink consumption on nutrition and health: A systematic review and meta-analysis. *American Journal of Public Health* 2007; 97: 667-675.
- <sup>10</sup> Wadden TA, Brownell KD, Foster GD. Obesity: Responding to the global epidemic. *Journal of Consulting and Clinical Psychology* 2002; 70:510-25.
- <sup>11</sup> Franz MJ, VanWormer JJ, Crain AL, Boucher JL, Histon T, Caplan W, et al. Weight-loss outcomes: A systematic review and meta-analysis of weight-loss clinical trials with a minimum 1-year follow-up. *Journal of the American Dietetic Association* 2007;107:1755-67.
- <sup>12</sup> Kim S-H, Willis LA. Talking about obesity: news framing of who is responsible for causing and fixing the problem. *Journal of Health Communication*. 2007;12:359-76.
- <sup>13</sup> Barry CL, Jarlenski M, Grob R, Schlesinger M, Gollust SE. News media framing of childhood obesity in the United States from 2000 to 2009. *Pediatrics*. 2011;128(132):132-145.
- <sup>14</sup> Hawkins KW, Linvill DL. Public health framing of news regarding childhood obesity in the United States. *Health Communication*. 2010;25(8):709-17.

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- Dotinga, R. (2009). Journalist's Toolbox: How to Cover LGBT People. National Lesbian & Gay Journalists Association. <http://www.nlgja.org/resources/toolbox.html>
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### Additional Scientific Peer-reviewed Articles on Weight Bias and Media Coverage of Obesity:

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