



Breaking WEIGHT BIAS

Promoting Health
without harming through
digital training tools

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#BreakingWeightBias

Our latest news

All the partners from the European countries of the project meet every month, in order to talk about the progress of the training material and discuss any improvements.



The following page presents the **6 modules** of the training material, along with a brief description of each module.

Training modules

The training material will cover the following topics:

1. Weight bias

-Understanding what weight bias is and realising its impact on overall health.

2. Weight bias in health care settings

-Recognising how weight bias can hinder health care and learning how to treat patients without stigmatising them.

3. Weight bias internalisation

-Becoming aware of how weight bias internalisation can lead to the adoption of maladaptive coping mechanisms and how to handle such situations in a non-harming way.

4. Weight & fatness in modern society

-Identifying the most common beliefs about weight that are reinforced by western societies and realising what fat acceptance means and why it matters

5. Dismantling body weight

-Understanding the complexity of weight control, becoming aware of the limitations of BMI as a health measure, the side effects of dieting on physical and mental health, as well as the contribution of different factors that affect health -beyond weight.

6. Tools for a healthier relationship with food and body

-Introducing the weight-inclusive approach and recognising its benefits for overall health, becoming familiar with Health At Every Size Movement (HAES), Intuitive Eating, and Mindful Eating, as non-diet approaches that can help patients create a healthy relationship with food.



Partners



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