



## Breaking Weight Bias, Press release 2 - October 2021

### What has been done?

#### IO1 - The Breaking Weight Bias training course

The Breaking Weight Bias **training course is the core of the project** and it aims to offer valid training content to healthcare professionals in order to provide their patients with the best support possible by **challenging** their weight bias.

The first step was to **identify** the most relevant issues related to weight bias and stigma in each partner country. For this purpose, we conducted in-depth field research and also prepared a questionnaire that was distributed to our target group in each partner country.

The next step was to create the Methodology and Curriculum. The partners are currently working on the final version of this document, which will set out the structure of the modules, content, methodology, assessment system and all relevant aspects of the Breaking Weight Bias training.

### What's next?

In the next weeks, the project partners will be working on the **content of the training**. According to the training methodology, the partners will develop modular training material that will contain practical information for the direct target group (health professionals).

For this purpose, the project partners will meet in an online workshop on the 25th of October to discuss the training material, language, resources, etc. This meeting will be a chance to address concerns and ask questions about the training materials. We believe that our cooperation will result in training content of the highest quality.





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## 2nd Project Meeting

The 2nd project meeting was held online on the 20th of September 2021.

Representatives from all partner organisations met to discuss the **progress of the project and the upcoming activities**. At the moment, project partners are working on an eLearning course for healthcare professionals on weight bias to help them provide the best care possible to their patients.



Stay tuned and follow our hashtag  
**#BreakingWeightBias** on social media!

## Partners



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