

## HOW TO USE

Shuffle the deck and draw a card.

On the front will be a conversation starter. On the reverse is a fact or question to get you started.

What does the statement, question or fact make you feel? Has it changed your perspective?

What conversations does it spark?

The blank card is for you to fill with whatever you want to discuss about obesity.



Please share a photo of you using the cards with the hashtag **#LetsTalkAboutObesity**

**The human body has built-in mechanisms to protect itself from starvation, which can make it hard to maintain weight loss.**

**Ultra-processed food, now cheaply and widely available all over the world, is contributing to the rapid rise in obesity. What are your thoughts on this?**

**Did you know our  
genes count for  
somewhere  
between 40-70%  
of our likelihood  
of developing  
obesity?**

**Without access to person-centred healthcare from trained professionals, most people living with obesity will be unable to achieve their health goals alone. How do you think obesity healthcare needs to change?**

**Our experiences,  
from prenatal life  
to early  
adulthood,  
pregnancy, illness  
and more can  
influence weight  
gain.**

**There is a complex relationship between food systems and health, and the marketing of food products has a known link to obesity.**

**The relationship between mental health and obesity is complex. Some mental health disorders, and their associated medications, can lead to weight gain, while excess weight increases the risk of certain disorders such as depression.**



**Did you know  
that lack of sleep  
disturbs  
hormones, which  
in turn can affect  
weight, as can  
high stress?**

**In many countries, people living with obesity are regularly blamed for it, due to misconceptions and biases. Weight stigma reinforces incorrect assumptions that obesity is merely a person's individual responsibility. Have you experienced or observed weight stigma?**

**Obesity is most commonly measured by BMI, however BMI does not take into account a host of health factors, and can be seen as an inaccurate measurement. What other considerations would you like to discuss when defining obesity?**

**Obesity is a disease caused by a variety of factors, including biology, mental health, genetic risk, environment, healthcare access, and access to ultra-processed food. It is about more than weight or 'willpower'. Does your country recognise obesity as a disease?**

**People living with obesity may be at a greater risk of other chronic diseases such as diabetes, cardiovascular disease and certain cancers.**

**This outdated advice implies that weight loss is just about diet and exercise, ignoring other drivers of obesity. Although physical exercise is an important part of overall health, it is not a significant factor in managing obesity. Have you heard this advice before?**

**Weight stigma can damage mental and physical wellbeing and may prevent people from seeking necessary medical care. While stigma differs in different parts of the world, one thing is clear: experiencing systemic bias does not help people to adopt healthier lifestyles.**

**Childhood obesity can profoundly affect children's physical, social, and emotional wellbeing, academic performance and self esteem. It is often carried through to adulthood, so education, prevention and treatment are vital to stopping a global rise in obesity.**



**Individuals are not to blame for their obesity.**

**Obesity is often driven by forces outside of a person's control, and is the result of complex biological, genetic and environmental factors.**

**Obesity is not just about weight. While it is an indicator of obesity, treatment is about improving overall health, not just about losing weight.**

**Obesity is no longer just a disease of rich countries. It is now rising the fastest in lower- and middle-income countries. Obesity is especially prevalent in poorer and more vulnerable communities. What was your perspective on this? And is it the same now?**

**How are you  
feeling?**

**How is your  
conversation  
going?**

**Have any of your  
perspectives  
changed?**

**Everybody's  
experience of  
obesity is  
different, and  
there are many  
ways to address it  
that must work  
for the individual.  
What is your  
experience?**

**Policy makers  
must prioritise  
obesity and  
create national  
action plans.  
What stage is  
your country at?  
And what should  
decision makers  
do next?**

**As the next generation of adults, parents, workers and decision makers, youth must be part of the answer! How can we engage young people in the conversation about obesity?**

**We all need respect,  
practical and  
emotional support,  
and a comfortable  
workplace to feel  
included, and  
ultimately thrive, at  
work. All employers  
and employee  
advocates can make  
this happen in their  
workplaces. What  
will you do?**



**Patients living with obesity routinely face stigma and struggle to access support. That's why effective people-centred treatment and prevention is so important. How do you think healthcare professionals can improve experiences?**

**We need to change the perception of obesity from ME to WE. The roots of obesity are systemic, society-wide problems, and it requires a collective response. How can we work together to build a movement for beating obesity?**

**Some of the images and language currently used in the media are known to perpetuate inaccurate and negative stereotypes about obesity. What resources do you think would be useful to reframe obesity in the media?**

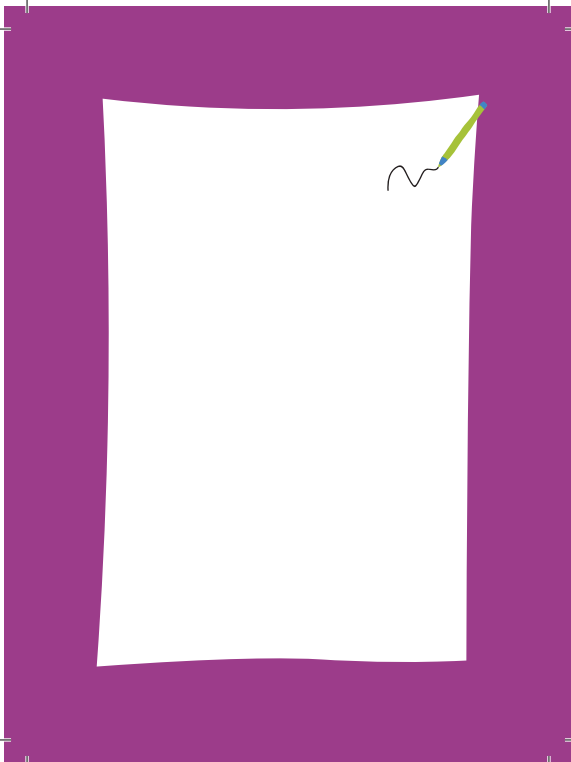
**Obesity is on the rise globally, with 1 billion people predicted to be living with the disease by 2030. That's why action is more urgent than ever. Explore the obesity atlas on World Obesity Day.**



**obesity atlas  
launching on our  
website on  
4th March 2024**



**When we talk,  
debate and share our  
stories we can  
change perspectives  
and transform health  
outcomes. Together,  
we can be a powerful  
voice calling for real  
action from  
policymakers. What  
will you do?**





- **Connecting obesity to a host of other health issues.**
- **Obesity &... heart disease, mental health, diabetes.**





- **Connecting obesity to the world around us**
- **Obesity &... climate change, food systems, creating healthy environmentsa**



- **How young people are impacted by unhealthy environments**
- **Obesity &... stigma, food marketing, schools**

