

Do dietitians have weight biases towards themselves and others?

AUGUST 7, 2024 - In a survey-based study, UK dietitians exhibited significant weight stigma, both towards themselves and towards others.

The study in the *Journal of Human Nutrition and Dietetics* involved an online survey completed in 2022 by 402 registered dietitians aged 20–70 years old. Most respondents reported personally experiencing weight stigma prior to (51%) and after becoming (59.7%) registered dietitians, and nearly a quarter (21.1%) felt that their weight influenced their own ability to perform as a dietitian.

Weight stigma was experienced across the weight spectrum. Participants reported explicit (or conscious) weight bias attitudes, moderate beliefs that obesity is controllable, and implicit (or unconscious) anti-fat bias.

“The study highlights the need to address weight stigma and its implications within the dietetic profession,” the authors wrote.

Link to Study: <https://onlinelibrary.wiley.com/doi/10.1111/jhn.13337>

Full citation: “My words would have more weight: exploring weight stigma in UK dietetic practice and dietitian’s lived experiences of weight stigma.” Adrian Brown, Stuart W. Flint. *J Hum Nutr Diet*. Published Online: 07 August 2024 (DOI: 0.1111/jhn.13337).

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