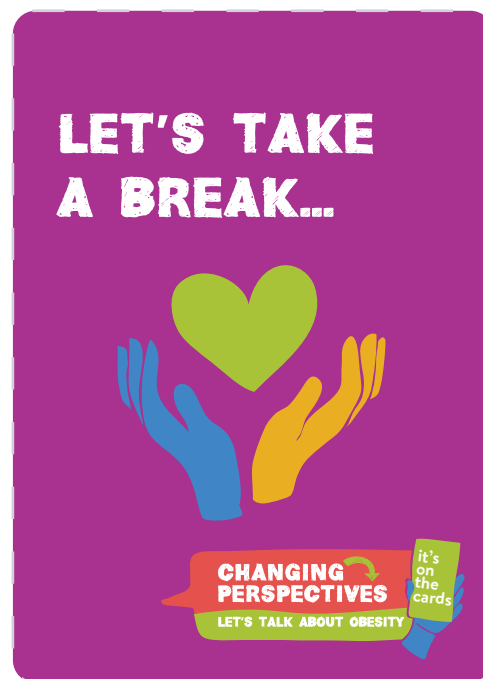


first card



take a break card



final card



### How to make your own deck of conversation cards:

Print the card pages single sided.

Fold the paper along the grey line in the centre of each page so the back of the paper is touching and the cards are showing on both sides. Stick the paper down so the two sides are attached. The front and back of each card will then be aligned.

Cut along the dotted lines to cut out each card.

## 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

How are you feeling?

How is your conversation going?

Have any of your perspectives changed?

If you are looking for more information on the card topics including:

**ROOTS OF OBESITY**  
**OBESITY FACTS**  
**CHANGING PERSPECTIVES**

please visit [www.worldobesityday.org](http://www.worldobesityday.org)

where you will find the Key Audiences, Resources, and Campaign toolkit.

scan me!



## LET'S TALK ABOUT...

the role biology plays in obesity.



## LET'S TALK ABOUT...

how the food we have available to us contributes to obesity.



## LET'S TALK ABOUT...

genetic risk as a factor for obesity.



## LET'S TALK ABOUT...

the importance of healthcare access in addressing obesity.



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?

## LET'S TALK ABOUT...

how life events can influence weight gain and obesity.



## LET'S TALK ABOUT...

food marketing as a contributing cause of obesity.



## LET'S TALK ABOUT...

mental health.



## LET'S TALK ABOUT...

sleep!



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?

## LET'S TALK ABOUT...

the stigma that people living with obesity face.



## LET'S TALK ABOUT...

how we define obesity.



## LET'S TALK ABOUT...

obesity as a disease.



## LET'S TALK ABOUT...

the risk factor of living with obesity for other health conditions.



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.

## LET'S TALK ABOUT...

“Eat less, move more.”



## LET'S TALK ABOUT...

the dangers of weight stigma in society.



## LET'S TALK ABOUT...

when individuals are blamed for their obesity.



## LET'S TALK ABOUT...

weight



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.

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.

## LET'S TALK ABOUT...

the misconceptions around obesity and wealth.



## LET'S TALK ABOUT...

childhood obesity.



## LET'S TALK ABOUT...

your experience of obesity.



## LET'S TALK ABOUT...

how healthcare professionals can improve access and patient experience.



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?

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.

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?

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?

## LET'S TALK ABOUT...

**bold policies.**



## LET'S TALK ABOUT...

**giving young people the power to act on obesity.**



## LET'S TALK ABOUT...

**creating healthy work environments.**



## LET'S TALK ABOUT...

**how we can make addressing obesity a collective effort.**



**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?**

**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?**



## LET'S TALK ABOUT...

what we can do to turn conversations into action.



## LET'S TALK ABOUT...

obesity rising in every continent.



## LET'S TALK ABOUT...

how the media conversation around obesity can be improved.



## I WANT TO TALK ABOUT...



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?

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 2023

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?

