

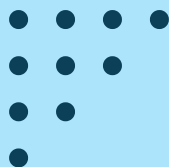
Glossary

Key Terms in Size and Weight Inclusive Medicine



Understanding these terms helps us create a more inclusive healthcare environment.

@awsim_official



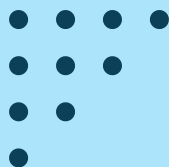
SIZE INCLUSIVITY



Providing care and designing services that accommodate and respect individuals of all sizes, ensuring everyone has access to healthcare without stigma or bias.

Everyone deserves dignified,
respectful care.





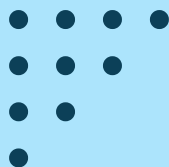
WEIGHT STIGMA



The discrimination or prejudice against individuals based on their weight. This can lead to negative health outcomes and perpetuates harmful stereotypes.

Weight does not determine a person's worth or health.





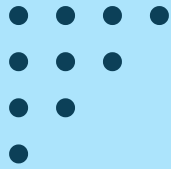
WEIGHT BIAS



The negative attitudes or assumptions held about people based on their weight. Weight bias can exist in healthcare, the workplace, and everyday interactions, impacting the quality of care and life for individuals of higher weights.

Bias in healthcare can be harmful
—let's work to change that.





BODY LIBERATION



A belief that all bodies are valuable and deserve to be free from societal pressures, discrimination, and unrealistic beauty standards.

Your body is enough just as it is.





HAES (HEALTH AT EVERY SIZE)[®] >

A movement that promotes health and well-being without focusing on weight loss, recognizing that bodies come in diverse sizes and shapes.

HAES is a registered trademark by ASDAH. For more information, visit www.asdah.org.





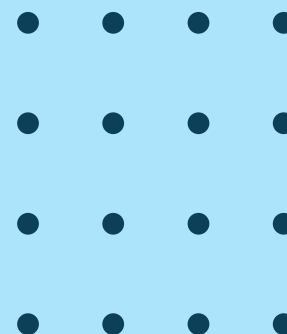
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JOIN US



Let's continue building a healthcare system that respects and includes everyone, regardless of size.

Visit [AWSIM.org](https://www.aws-sim.org) for more resources and support!

