BODY SIZE MYTHS VS. TRUTHS

HumanKind
PSYCHOLOGICAL SERVICES

MYTH

✗ You can tell whether someone is healthy based on how much they weigh.

✗ If someone gains back the weight they lost, it's because they got lazy.

✗ If you can't stick to your diet, you lack discipline.

✗ If someone gains weight, it's because they eat too much and/or exercise too little.

✗ If I didn't watch my weight, I would just get bigger and bigger forever.

✗ Being at a high weight causes health problems.

✗ Being fat is a death sentence.

TRUTH

✓ Weight is not a behavior and doesn't reflect habits (eating, physical activity, smoking, alcohol, etc.).

✓ More than 95% of people who lose weight regain it over the following years, even if they keep dieting.

✓ Our bodies work to protect us from famine by driving us to binge-eat when we have been food-deprived.

✓ People gain weight for many reasons (e.g., aging, hormonal changes, health conditions, medications, recovering from an eating disorder).

✓ Bodies tend to stabilize in a set point weight range determined mostly by genetics.

✓ Stigma, discrimination, stress, trauma, lifestyle, genetics, and environment cause health problems.

✓ People in the "overweight" category on BMI charts live longest & have the best health outcomes (and the BMI is a problematic and unhelpful metric).