

6 Bodies of Different Sizes



WHAT NEEDS TO CHANGE

- Weight-neutral approaches to sexual and reproductive healthcare should become standard practice.
- Provider training must address weight bias explicitly, including how it shows up in sexual health consultations.



WHAT YOU CAN DO

People in larger bodies: You are entitled to sexual healthcare focused on your needs — not your weight.

Health professionals: Weight is not a precondition for quality care.



LEARN MORE

Puhl & Heuer (2009). The Stigma of Obesity: A Review and Update. *Obesity*, 17(5), 941–964.

www.ncbi.nlm.nih.gov/19165161/



World Sexual Health Day (WSHD) is celebrated every year on September 4. The World Association for Sexual Health (WAS) launched the first WSHD in 2010, to bring the global community together to promote sexual health and well-being.

