



[WORLD OBESITY DAY – 4th March 2023](#)

Never before have we seen such interest in the causes, management and impacts of obesity, both on an individual, their families and on the health system.

This World Obesity Day is focused on changing perceptions and reducing stigma, which is so important because we must always remember, that at the heart of these public conversations are real people.

[The Weight Issues Network \(WIN\)](#) was formed in 2019 to help raise the voice of those with lived experience of obesity. It aims to ensure that those affected are at the table in healthcare design, weight related policy making, research, and media, and to fight weight stigma.

WIN hosts monthly community meet ups where people with lived experience can meet with others in a similar position, in a safe space, and hear the most up to date information about obesity directly from leading; clinical, scientific and lived experience experts. Recent sessions have included Prof John Dixon, A/Prof Michael Talbot and Kelley Cooper from The Obesity Collective.

Please consider your part in how to talk about obesity and successfully engage patients with lived experience, their families and carers by following the [WIN Do's and Don't's Guide](#).

WIN joins with [The Obesity Collective](#), a national umbrella coalition with a broad range of experts and community leaders in treatment, prevention, stigma, social change, communications and lived experience. Both wish to 'get it right', in advocating to change the narrative from personal responsibility to collective responsibility, and supporting people with obesity rather than stigmatising them. The evidence is clear, that the oversimplified 'eat less exercise more' message alone no longer stacks up when it comes to managing overweight and obesity in an environment which promotes weight gain.

World Obesity Day is an opportunity to help change the story and to give your patients knowledge, hope and support by connecting them with others who face similar challenges, and in so doing, help reduce the impact of stigma they face.

WIN provides individuals with support, empathy, knowledge and understanding while on their own individual journey. WIN does not recommend or endorse any treatment or weight management plan.

Please visit our website, take a few minutes to read our [Advocacy Report](#) and then connect your patients with us at www.weightissuesnetwork.org.