Respectful and Compassionate Communication: Terminology

Encouraged Terms

- Weight
- Excess weight
- Unhealthy weight
- Overweight
- Body mass index
- Affected by obesity
- Eating habits/nutrition
- Physical activity



Discouraged Terms

- Morbidly obese
- Obese
- Fat
- Heaviness
- Large size
- Diet
- Exercise

Adapted from: Tondt J, et al. *Obesity Algorithm.* Obesity Medicine Association; 2025.

END WEIGHT STIGMA

THE OBESITY SOCIETY