

A socio-ecological approach to addressing structural racism & weight discrimination

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Going Beyond BMI: Communicating about Body Weight

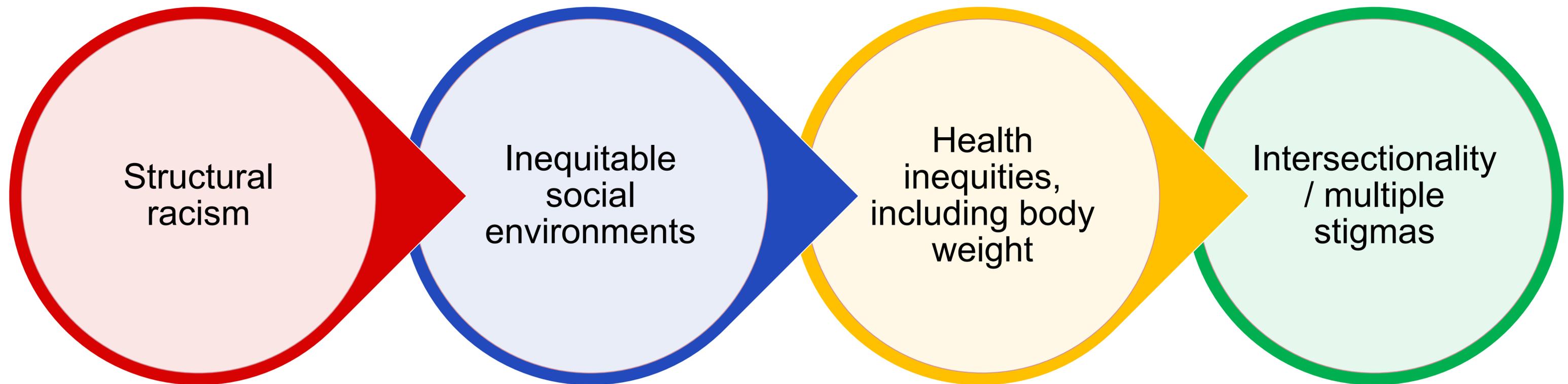
June 26, 2023



Disclosures

None

Structural racism & obesity stigma are interconnected systems of oppression



Structural Racism

“the totality of ways in which societies foster racial discrimination through mutually reinforcing systems [...]. These patterns and practices in turn reinforce discriminatory beliefs, values, and distribution of resources.”

Bailey et al, Lancet, 2017

- Environments in which individuals grow up, learn, work, and play, affecting access to healthy food, safe neighborhoods, and opportunities for physical activity.



Image source: Slopen, Heard-Garris, Bryce, et al. in review.

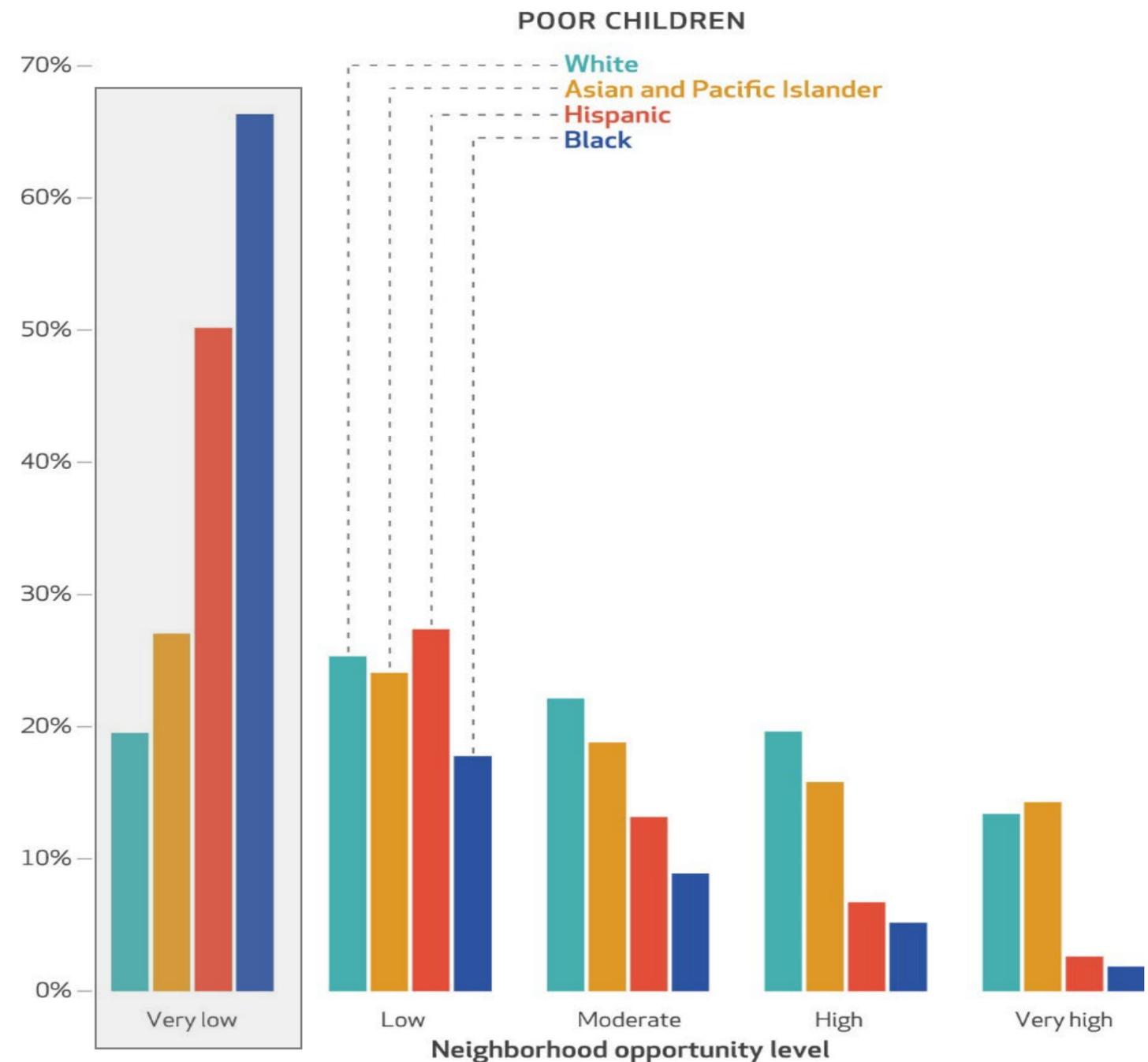
Social determinants of health play a significant role in the development of obesity and related health outcomes



Structural racism contributes to racial and ethnic disparities in health

- Marginalized communities, particularly communities of color, often face higher rates of obesity
- Critical to consider community context, including the availability and affordability of nutritious foods, opportunities for safe and accessible physical activity and recreation, etc.
- Racial/ethnic differences in socioeconomic position is not a complete explanation for these differences.

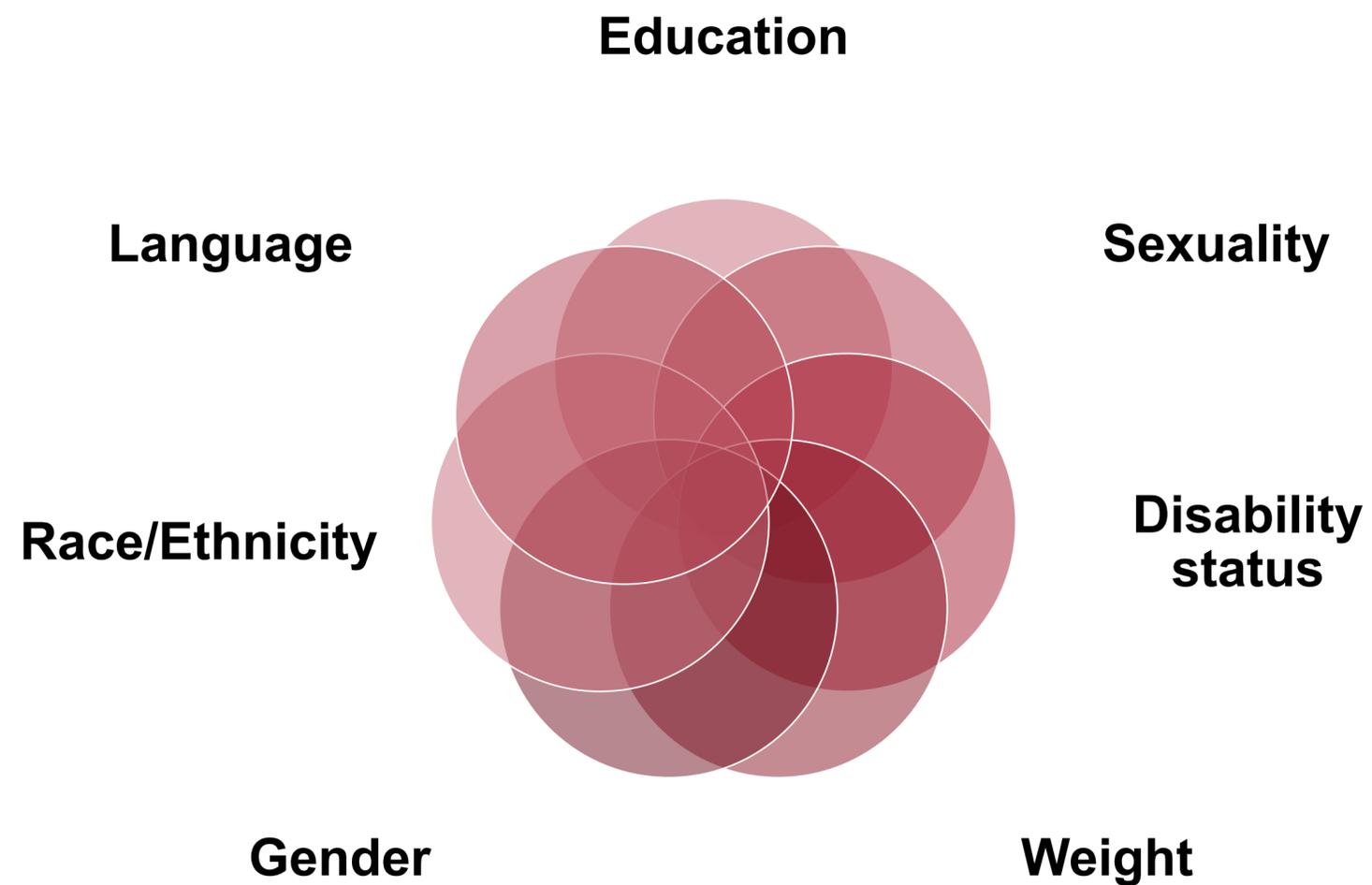
Percent of poor children across levels of neighborhood opportunity, by race/ethnicity (100 largest metropolitan areas combined)



Source: Acevedo-Garcia, D., et al, 2020. *Health Affairs*, 39(10), pp.1693-1701.



Intersectionality of multiple forms of oppression and privilege...



... compounding effects on health & wellbeing

Priorities

Comprehensive approaches to address root causes of both structural racism and obesity stigma

Equitable social & structural environments for all individuals

Strategies to foster awareness, empathy, and understanding to challenge weight discrimination.

Political will and commitment to a more equitable future.





Thank you.

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