

NASEM Health's ROOS Workshop BMI & Beyond:
Considering Context in Measuring Obesity and its
Applications

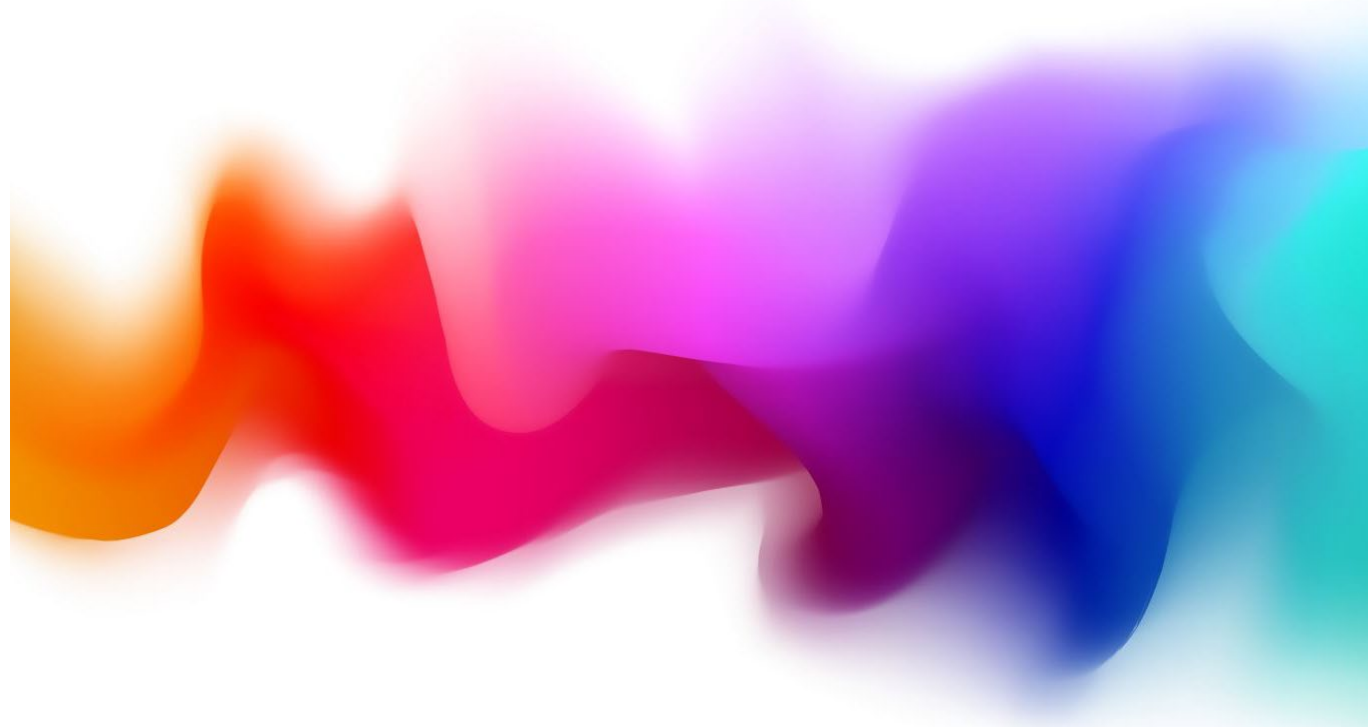
Session 2:

Tensions and

Perspectives

around BMI

Lived-Experience Perspective
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**How does the use and application of BMI
affect the individual?**



Body Image over Health

Excess weight= Increased risk of disease.

But I believed...children don't get these chronic conditions

Physically healthy, just as capable athletically as individuals having a “normal weight”, yet subjected to unfair treatment



Shaming and Felt stigma:

+ Individuals with excess weight can't jump?

"Look at fatty jump"

+ Pseudo-compliments

"You dress well for a fat person"

"You're pretty for a fat person"



+ Internalized weight stigma

I believed..." fat individuals can't be cheerleaders"

I believed what others thought and said about me and allowed it to dictate how I lived my life.





+ I gained weight so it's my responsibility to lose the weight

Fat shaming doesn't motivate weight loss

The pressure to be healthy and “normal”



BMI (43.3)
260 lbs.



BMI (30.0)
180 lbs.



BMI (24.4)
147 lbs.



BMI (25.8)
155 lbs.

1.5 years

2 years

1-1.5 years



Challenges of maintaining weight loss

Fear of weight regain

Future of BMI?

- Individuals are more than a category or number
- Increased training and education for providers
- Weight management is not a one-size fit all approach
- Holistic approach to managing and treating weight

Thank you!

Do you have questions?

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