

# Dietitians may have weight biases towards themselves and others

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Credit: Gustavo Fring from Pexels

In a survey-based study, UK dietitians exhibited significant weight stigma, both towards themselves and towards others.

The study in the *Journal of Human Nutrition and Dietetics* involved an [online survey](#) completed in 2022 by 402 registered dietitians aged 20–70 years old. Most respondents reported personally experiencing [weight stigma](#) prior to (51%) and after becoming (59.7%) registered dietitians, and nearly a quarter (21.1%) felt that their weight influenced their own ability to perform as a dietitian.

Weight stigma was experienced across the weight spectrum. Participants reported explicit (or conscious) weight bias attitudes, moderate beliefs that obesity is controllable, and implicit (or unconscious) anti-fat bias.

"The study highlights the need to address weight stigma and its implications within the dietetic profession," the authors wrote.

**More information:** 'My words would have more weight': exploring weight stigma in UK dietetic practice and dietitian's lived experiences of weight stigma, *Journal of Human Nutrition and Dietetics* (2024). [DOI: 10.1111/jhn.13337](#)

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