

# Patient perspective on weight bias and stigma in obesity management: impact and gender disparities.

*Authors: Violeta Moizé; Jessica Farre; Joan Fernando Peidró; Eva Palou; Alba Andreu; Judit Molero; Ana De Hollanda; Josep Vidal; Olga Rubio; Joan Escarrabill.*

Dr. Violeta Moizé Arcone  
Hospital Clinic Barcelona  
[Vmoize@clinic.cat](mailto:Vmoize@clinic.cat)



XXVII IFSO World Congress

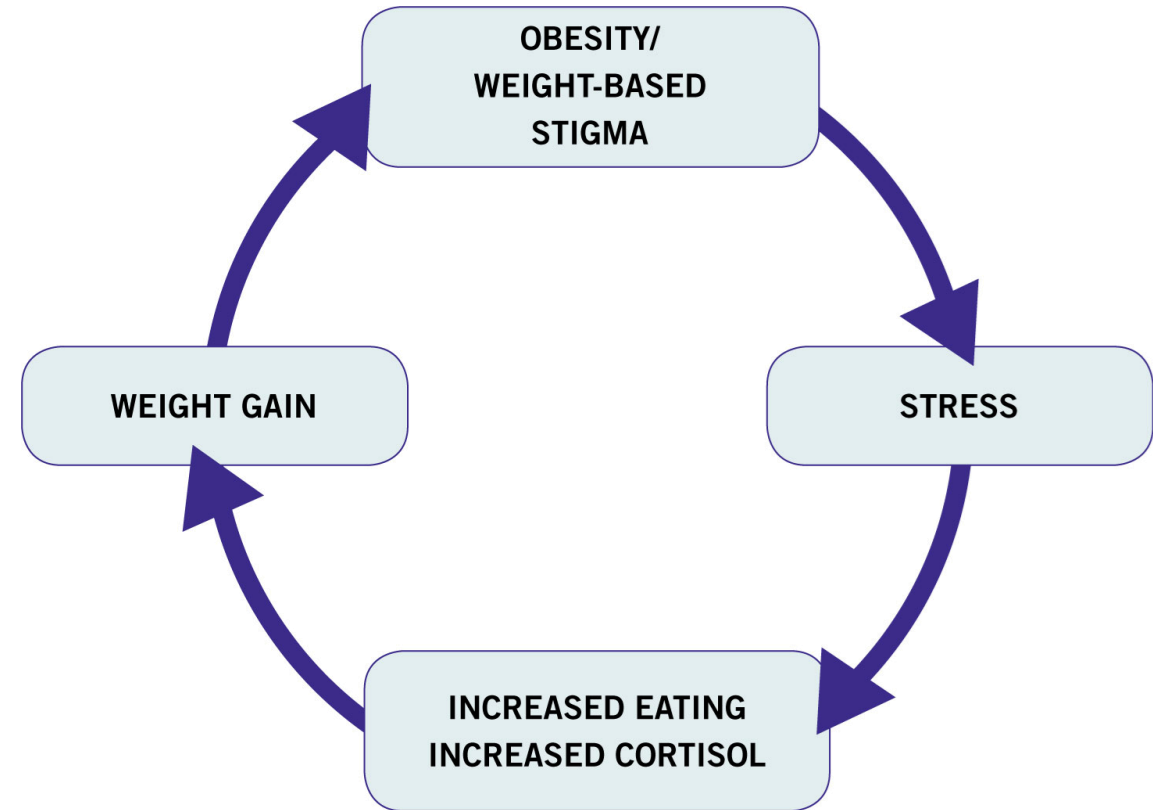


Melbourne 2024

I have no potential conflict of interest to report

## Background:

- **Weight bias and obesity stigma permeate in healthcare.**
- **Healthcare professionals (HCP) harbour biased attitudes towards people living with obesity (PLWo) and those attitudes can impact on their health outcomes or even discourage them from seeking care.**
- **Thus, appalling patient experience can exacerbate morbidity and mortality.**

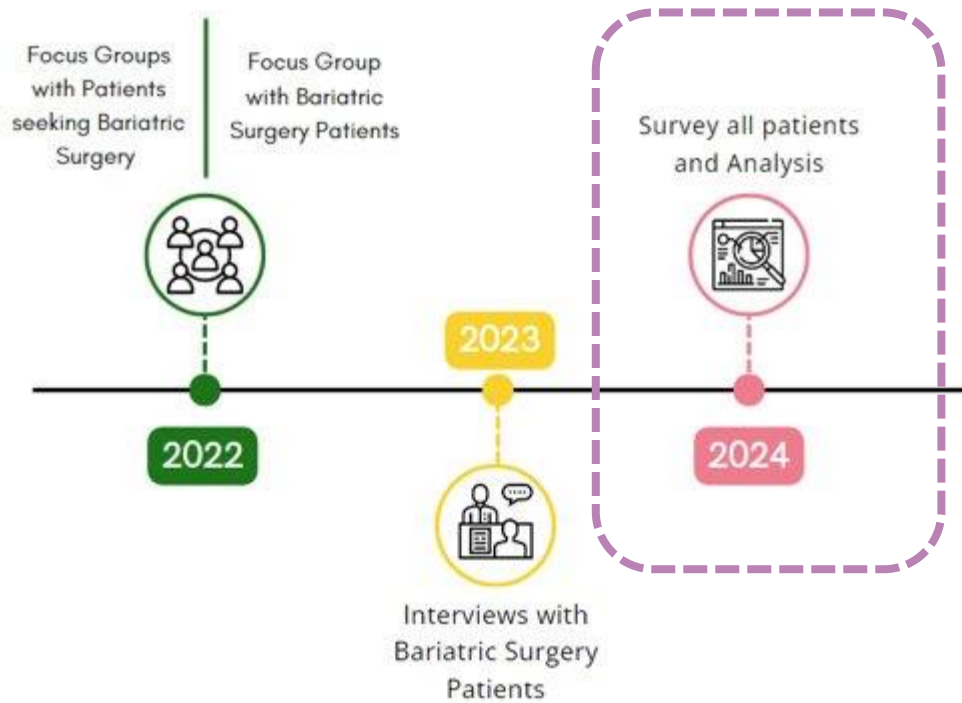


## Aims:

- 1) Impact of internalized stigma, social stigma, and/or professional stigma among PLWo;
- 2) Obesity self-management associated factors;
- 3) Impact of obesity on fertility, sexuality, and self perceived feelings of “guilt”, and “failure” associated to their weight trajectories..



# Methods:



→ From previously retrieved qualitative insights and customary domains of obesity Patient-Reported Experience Measurements, an ad hoc questionnaire was created to explore patient experience of PLWo.

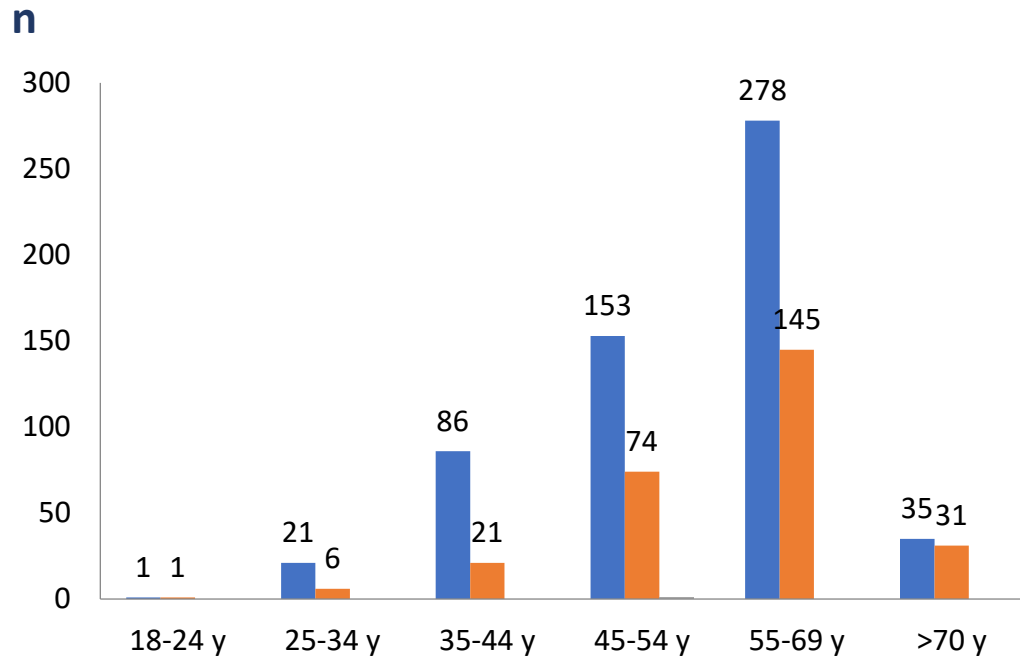
→ The questionnaire was distributed as an anonymous digital survey to 2505 PLWo from Hospital Clinic Barcelona obesity program (69% underwent bariatric surgery).

→ 34% completed the survey (n=853)

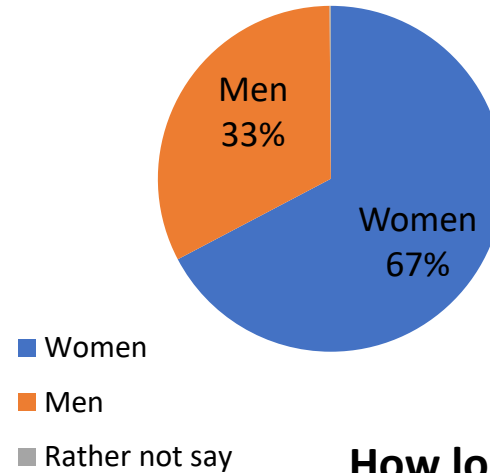
Espai d'Intercanvi d'Experiències (EIE)



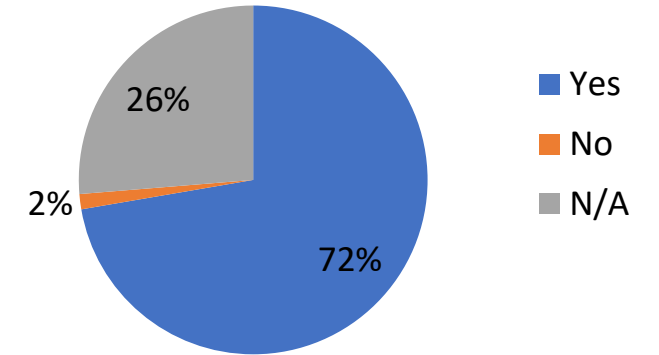
## Age and gender (n=853)



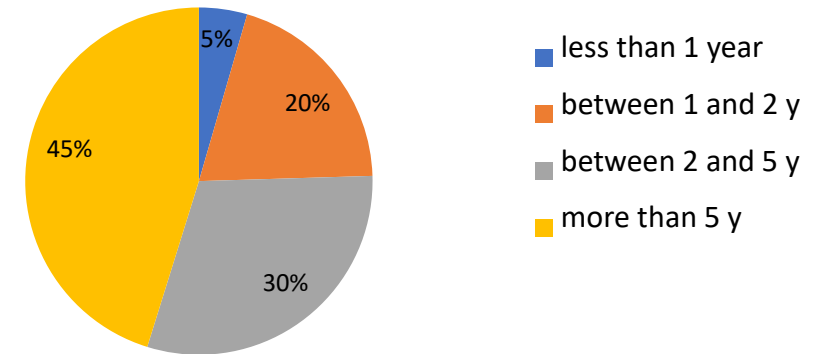
## Gender responders



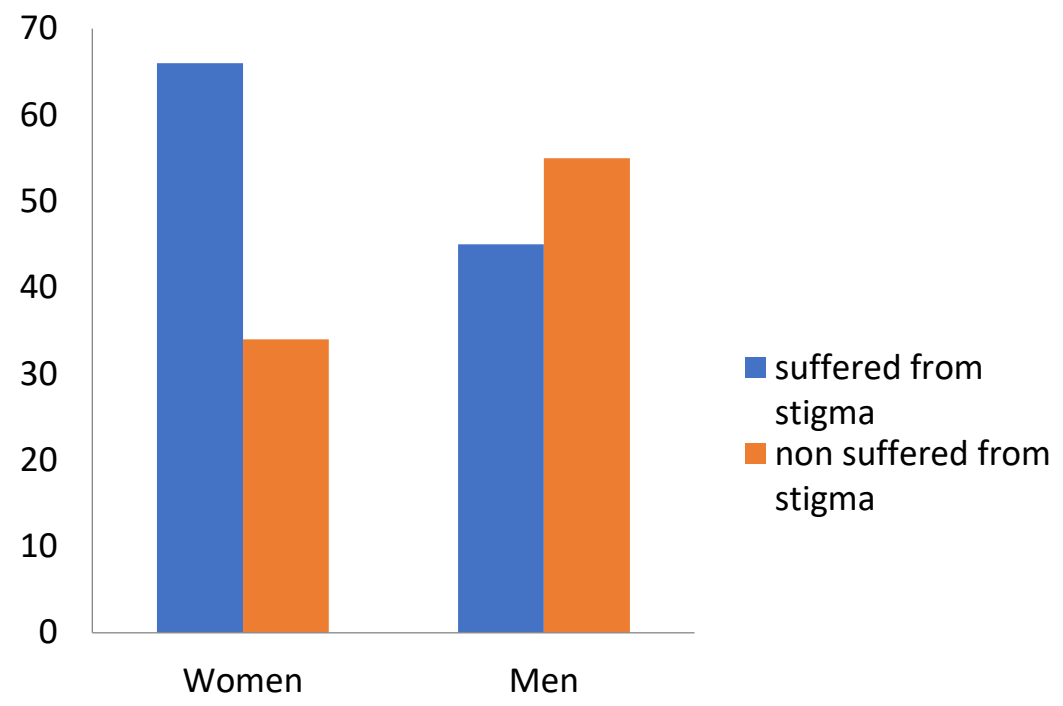
## Considers obesity as chronic disease (n=853)



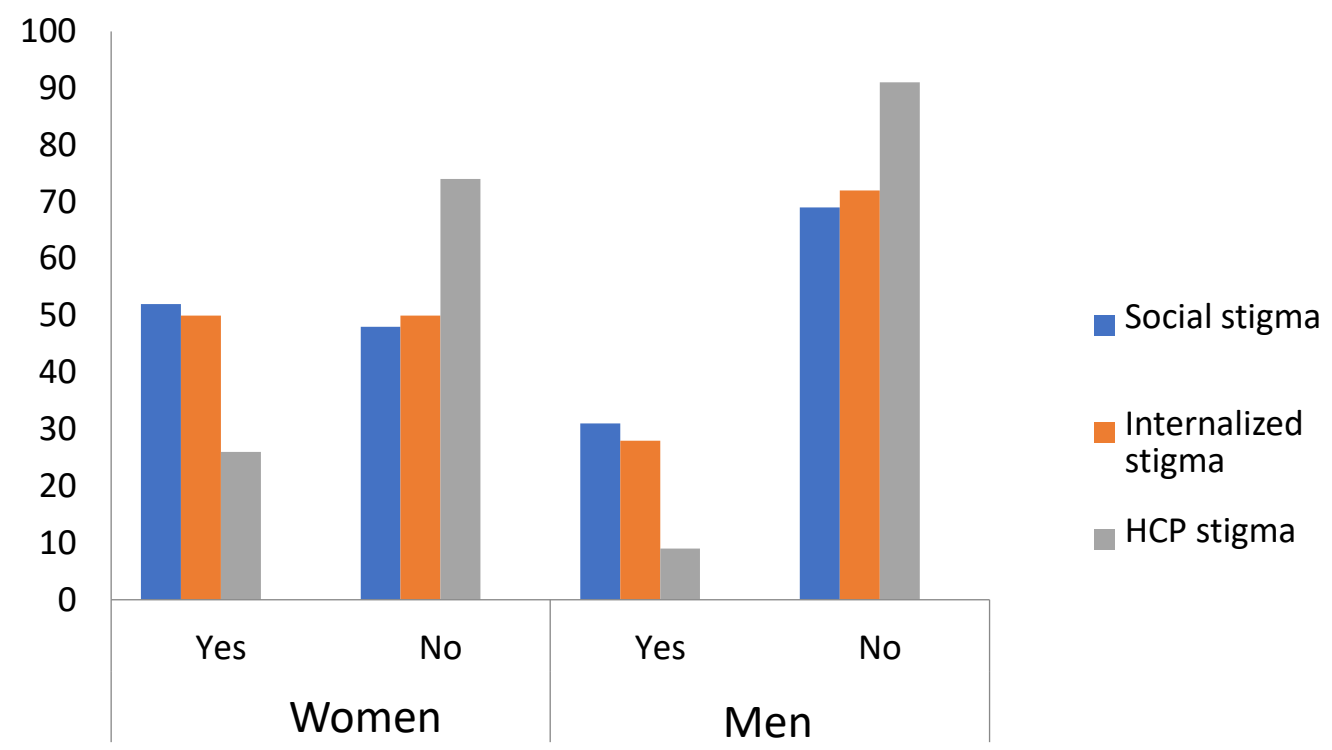
## How long have you been on the program? (n = 624)



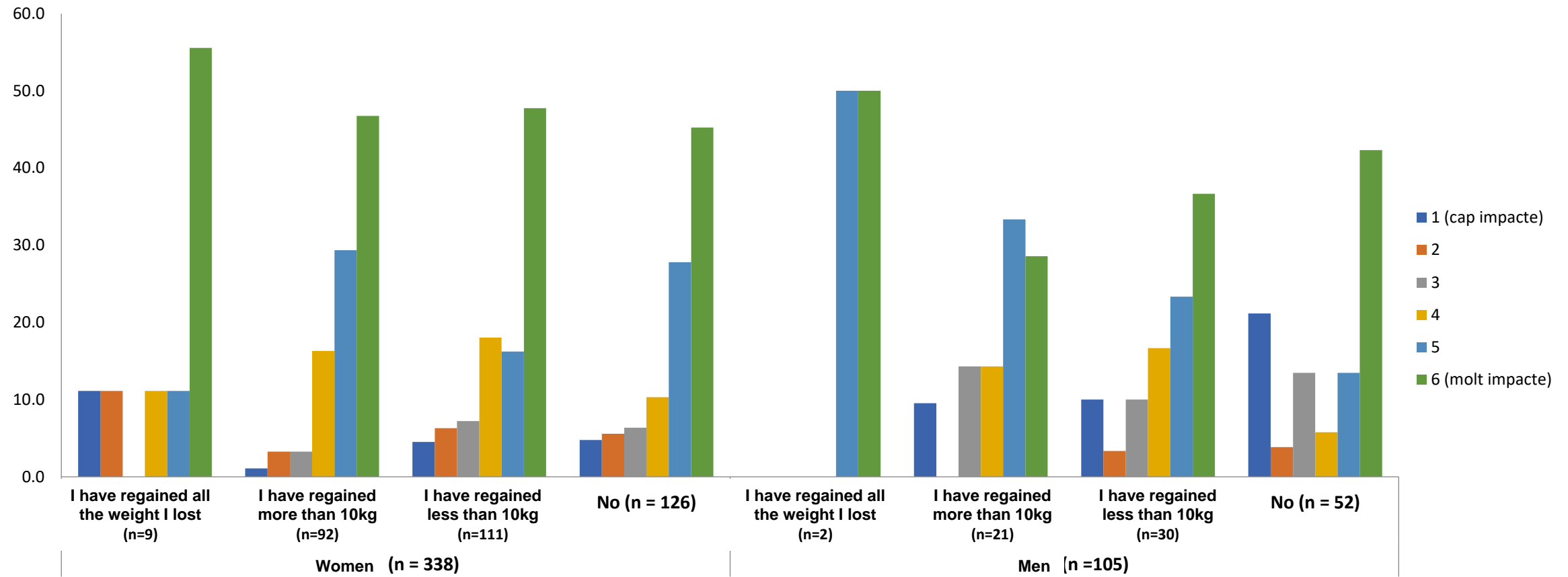
### Stigma and gender (%) (n=853)



### Stigma domain (%) (n=853)

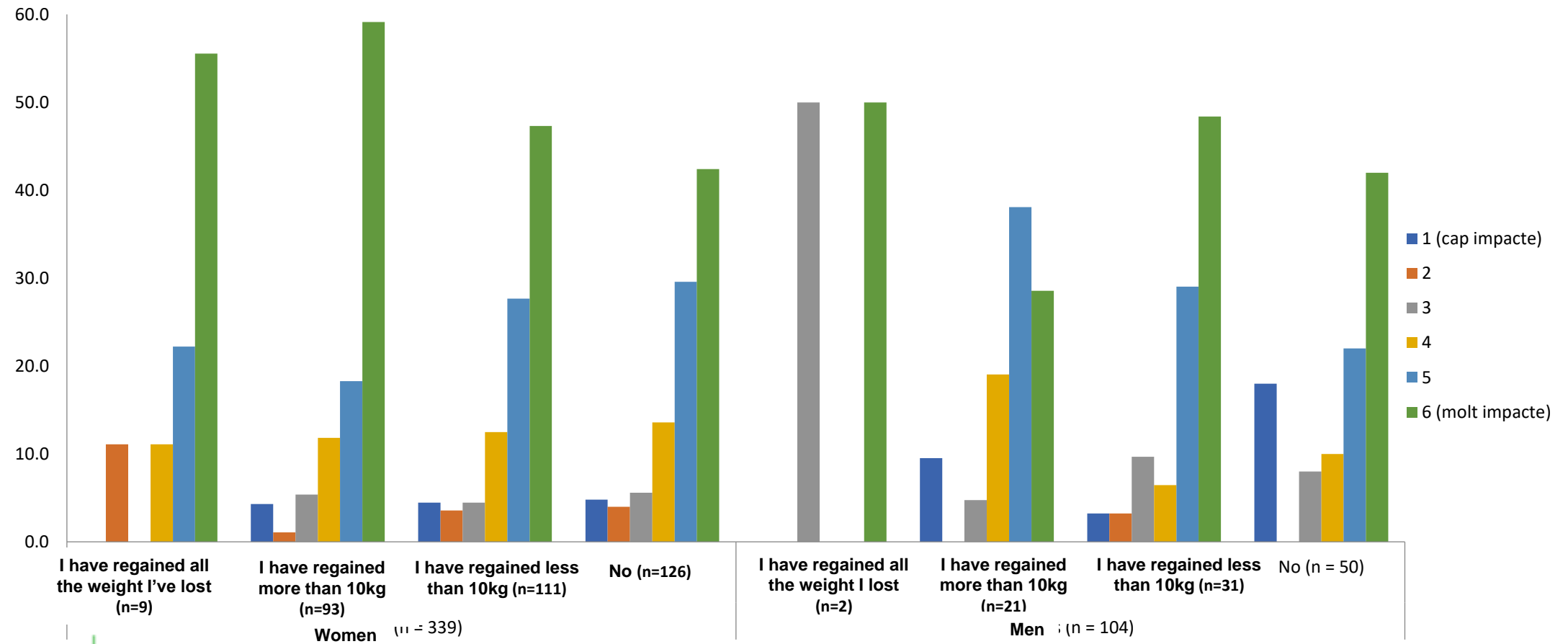


## Feeling of failure and RWG (%)

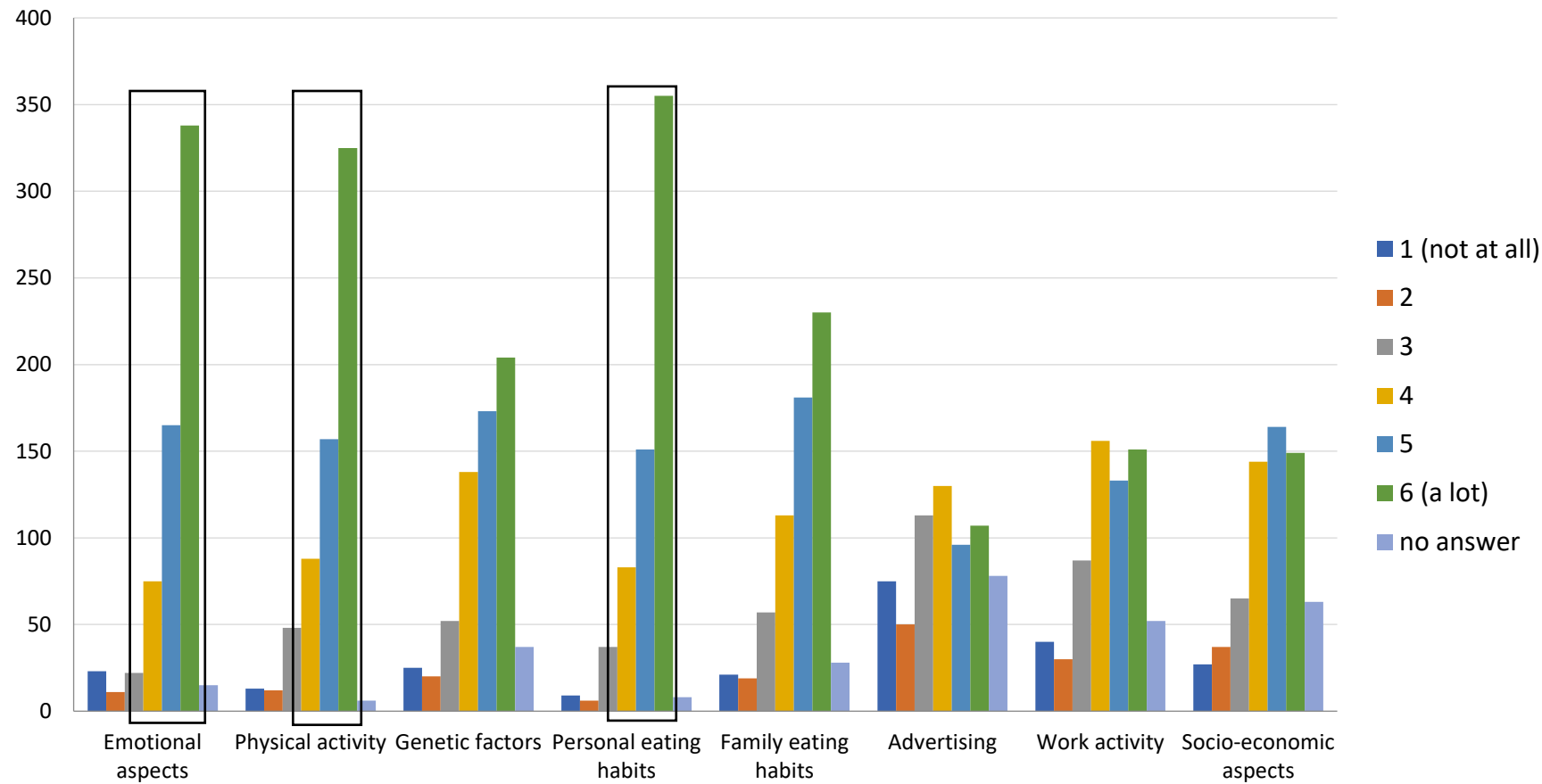




## Feeling of guilt and RWG (%)



## Factors related to obesity self management (n=649)

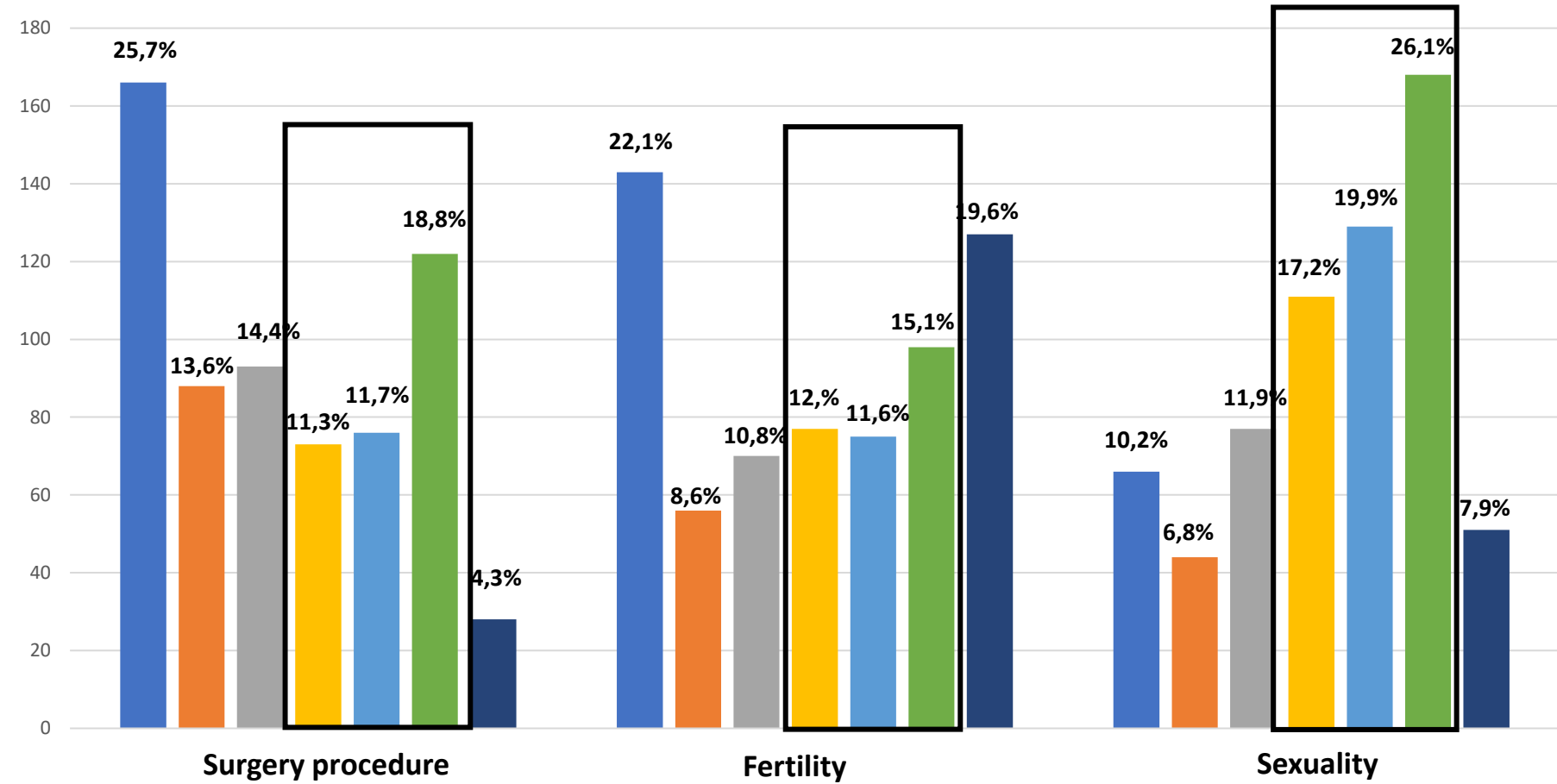


**What other factors influence obesity control ?**  
The most named are:

- The social environment (n= 20)
- Stress (n = 10)
- Medication (n = 9)
- Self-esteem (n = 9)
- Constancy / willpower (n = 8)



## Impact of obesity on: surgery procedure, fertility and sexuality (n=646)



1 No impact at all 2 3 4 5 6 A lot of impact No answer

## Conclusion:

- Gender disparity in obesity stigma unveils another neglected area particularly relevant to women's health.
- Patients perceive obesity as a chronic condition and recognize the influence of emotional and physical well-being on its control.
- Targeted interventions aimed at mitigating weight bias in healthcare settings are urgent for obesity management.

Stigma





# 13<sup>th</sup> Congress of the International Federation for the Surgery of Obesity (IFSO) European Chapter

15-17 May 2025 | Venice, Italy



[IFSO-EC2025.COM](https://www.ifso-ec2025.com)

XXVII Ifso World Congress



Melbourne 2024



*Thank you for your attention!*



@Violetamoize

@HospitalClinic

[vmoize@clinic.cat](mailto:vmoize@clinic.cat)

@VioletaMoize



XXVII Ifso World Congress



Melbourne 2024