

Lo stigma per l'obesità vissuto dai pazienti: la voce di chi lo subisce

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ABSTRACT

The Patient's Viewpoint On Obesity Stigma: A Hearing Of Their Experience

Obesity is a complex chronic disease and a major medical health problem in many Countries around the world. The causes underlying its development are genetic, environmental, social, and psychological, and obesity is associated with an increased risk of many diseases.

Unfortunately, within society, there is still a widespread prejudice that describes people with obesity as lazy, greedy, and lacking willpower. This prejudice is called stigma and has adverse effects on the affected person, to the point of seriously compromising their quality of life and questioning the overall person's value. Such discrimination can be suffered in almost any environment, including the medical one; it must be fought so that it does not unfairly harm people presenting a very complex disease. Working as a freelance nutritionist, I have often listened to patients telling me they have suffered a severe stigma due to their obesity. I have collected some of their tales, which clearly show how profound the effects of discrimination can be.

Keywords: Obesity, Stigma, Quality of life.