



# Breaking WEIGHT BIAS

Promoting Health  
without harming through  
digital training tools

**Project number:**  
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**Implementation period:**  
01-10-2020 - 30-09-2022

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## About the project

The main project aim is to raise awareness among health professionals about the harmful impact of weight bias, as well as to make clear that treatment of obesity is more complex than the advice of 'eat less-move more', so that they will be able to promote healthy behaviours without harming.

## Results

Breaking Weight Bias will provide:

- The Breaking Weight Bias training course
- Dynamic Demonstrator

## Target groups

- Healthcare professionals, including doctors, nurses, dietitians, psychologists, psychiatrists, etc. who want to provide their patients/clients the support they deserve.
- Individuals who would like to challenge their own internalised bias and improve their quality of life.
- Health care and public health organisations, institutes, charities, and associations.
- Universities and higher education institutes.
- Training organisations.
- Decision/ Policy makers in the field of public health.



## Partners



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