

GENDERED BODY SIZE DISCRIMINATION



- Contributor
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- The data was gathered in the summer of 2015 through a survey that was published in the newspaper Helsingin Sanomat as a part of an article about weight discrimination. There were qualitative and quantitative elements in the survey, and in addition to usual background questions, it had 12 multiple choice questions regarding different areas of weight discrimination.
- The survey was open on the newspaper's online platform for a week, after which the decision was made to close it, as the number of responses was overwhelming.
- 17,882 people responded to the survey. 14,656 of them were women, 2,904 were men, and 322 did not specify their gender. The average age of the respondents was 34.6 and the median age was 33.
- The survey sample is not representative, as the respondents have been selected solely from among the readers of the newspaper Helsingin Sanomat.

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Chart 7.1 All respondents by weight category

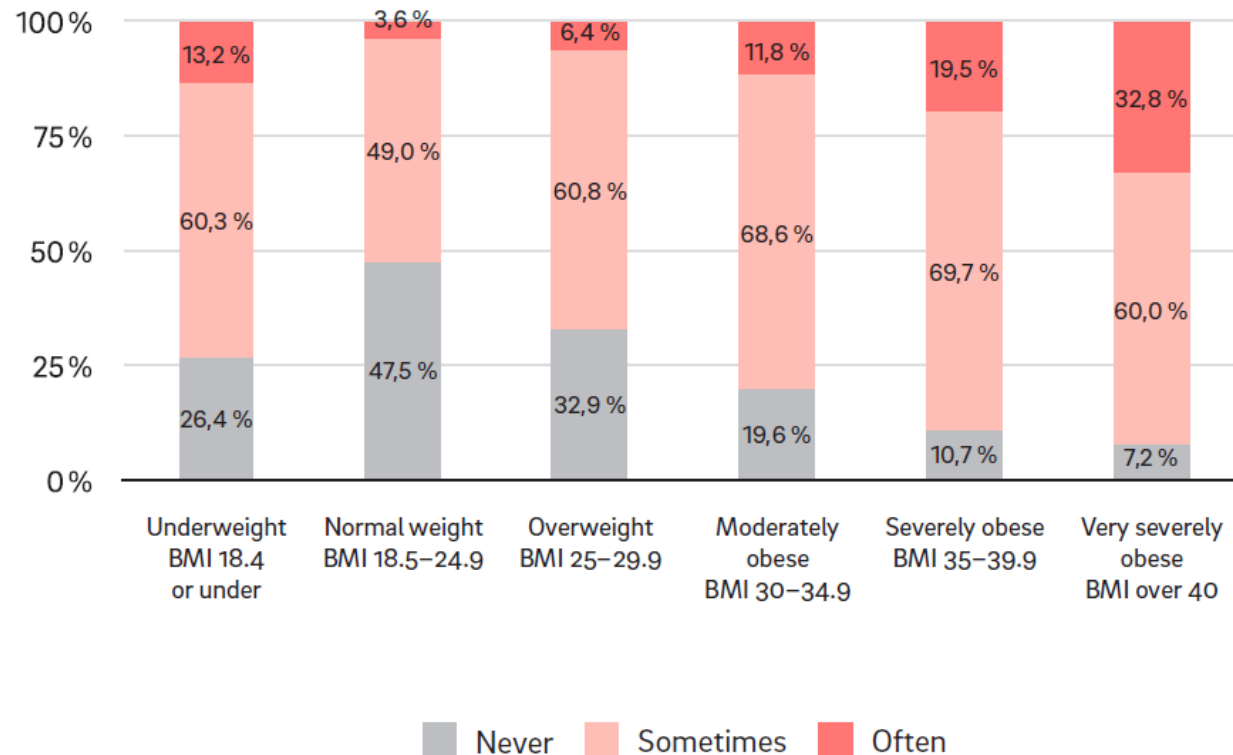
Underweight (BMI under 18.50)	1.9%
Normal weight (BMI 18.50–24.99)	41.1%
Overweight (BMI 25.00 and over)	57.0%

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Figure 7.1 In your experience, have you been mistreated (e.g. commenting, shouting, bullying) based on your body size?

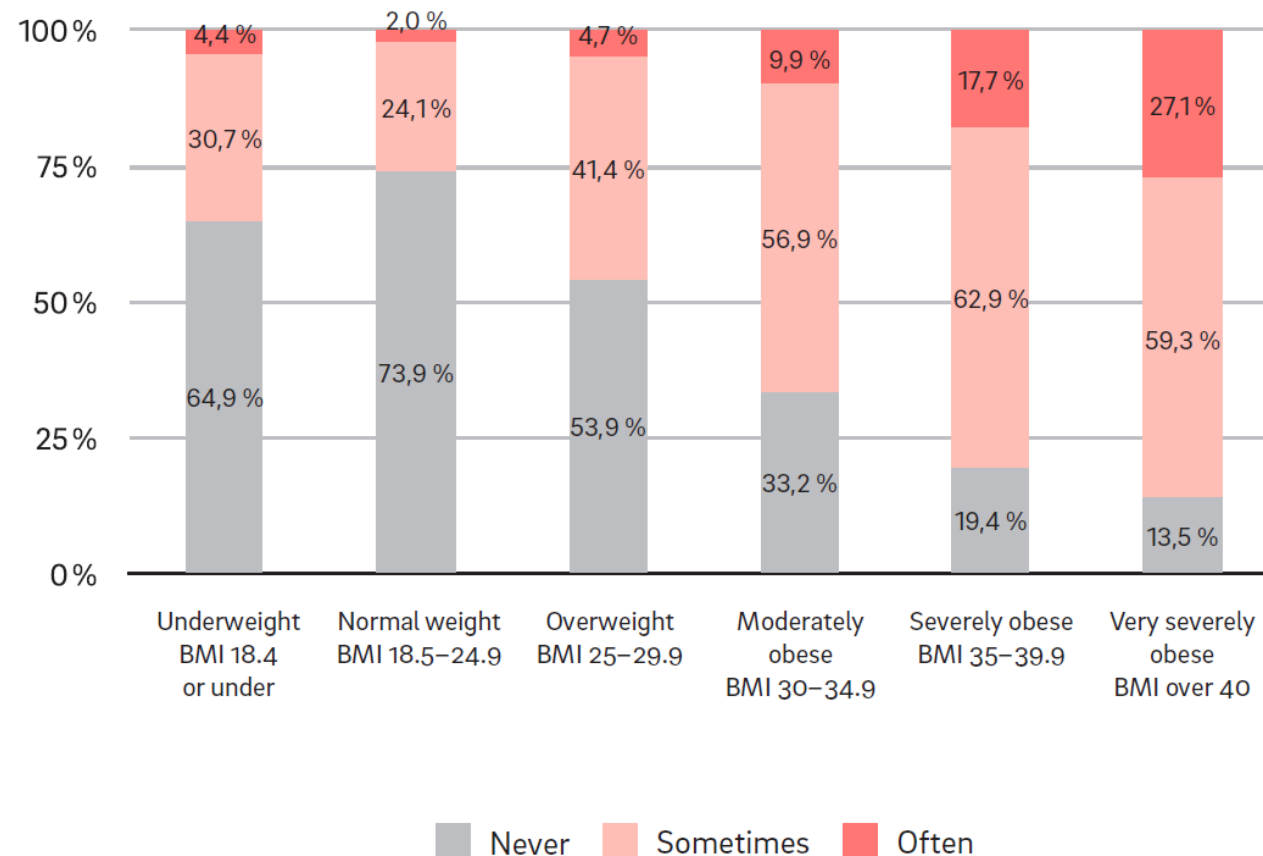


- Experiences of mistreatment based on body size were most common for the obese.

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Figure 7.2 Have you experienced discrimination based on your body size?

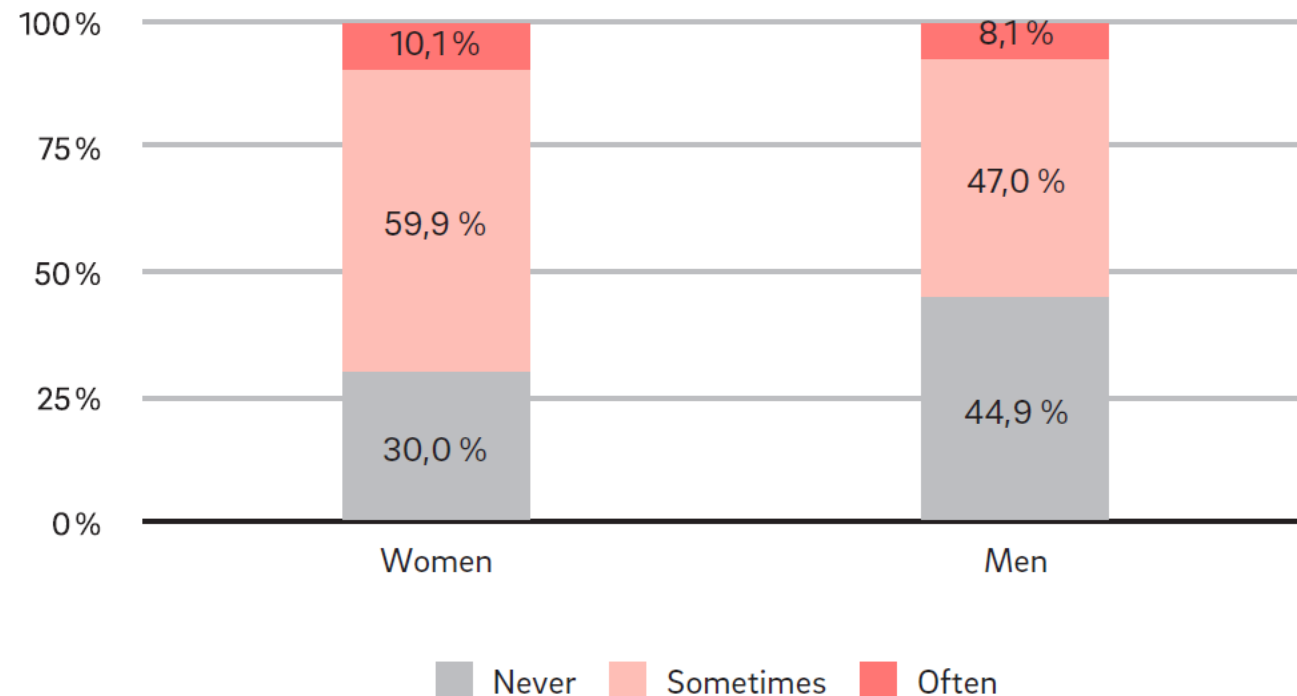


- Also experiences of discrimination based on body size were most common for the obese.

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Figure 7.3 In your experience, have you been mistreated (e.g. commenting, shouting, bullying) based on your body size? By gender (%).

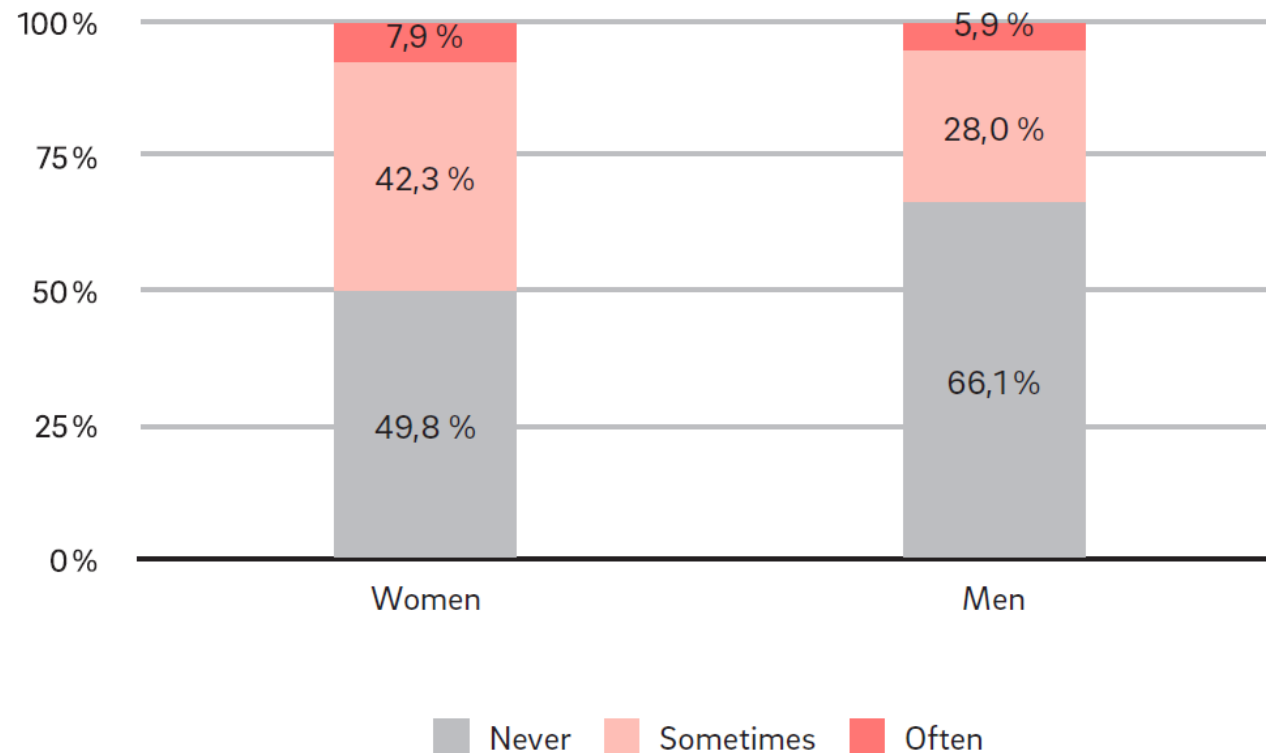


- Experiences of mistreatment based on body size were more common for women than for men.

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Figure 7.4 Have you experienced discrimination based on your body size?
By gender (%).



- Experiences of discrimination based on body size were more common for women than for men.

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- Conclusions and recommendations

- There is no one and only right or acceptable body size. A cultural atmosphere must be promoted where people of all sizes are treated as equally valuable.
- Weight discrimination must be identified and recognized as a form of discrimination.
- Weight discrimination should be included in equality legislation.
- The agency of fat people must be recognized and it must be strengthened, for example, in health care services.
- Weight discrimination research should be broadened and diversified.