



Remember: you can advocate for yourself **in any space.**

Try requesting **not to be weighed** at the doctor's office.



For more information, scan the QR Code

- Body weight and BMI alone are unhelpful for measuring health. They do not account for **body composition, muscle mass, race, gender, and age.**
- Health is better measured through cardiorespiratory fitness and a range of other health indicators.
- Weight **does not indicate** that an individual deserves care for an eating disorder. **No matter someone's weight,** they deserve to be access and receive care.

If you see this poster, snap a picture and tag us! @the_nedic



Eating Disorders Awareness Week
#EDAW2026