

Health Is More Than... What you weigh

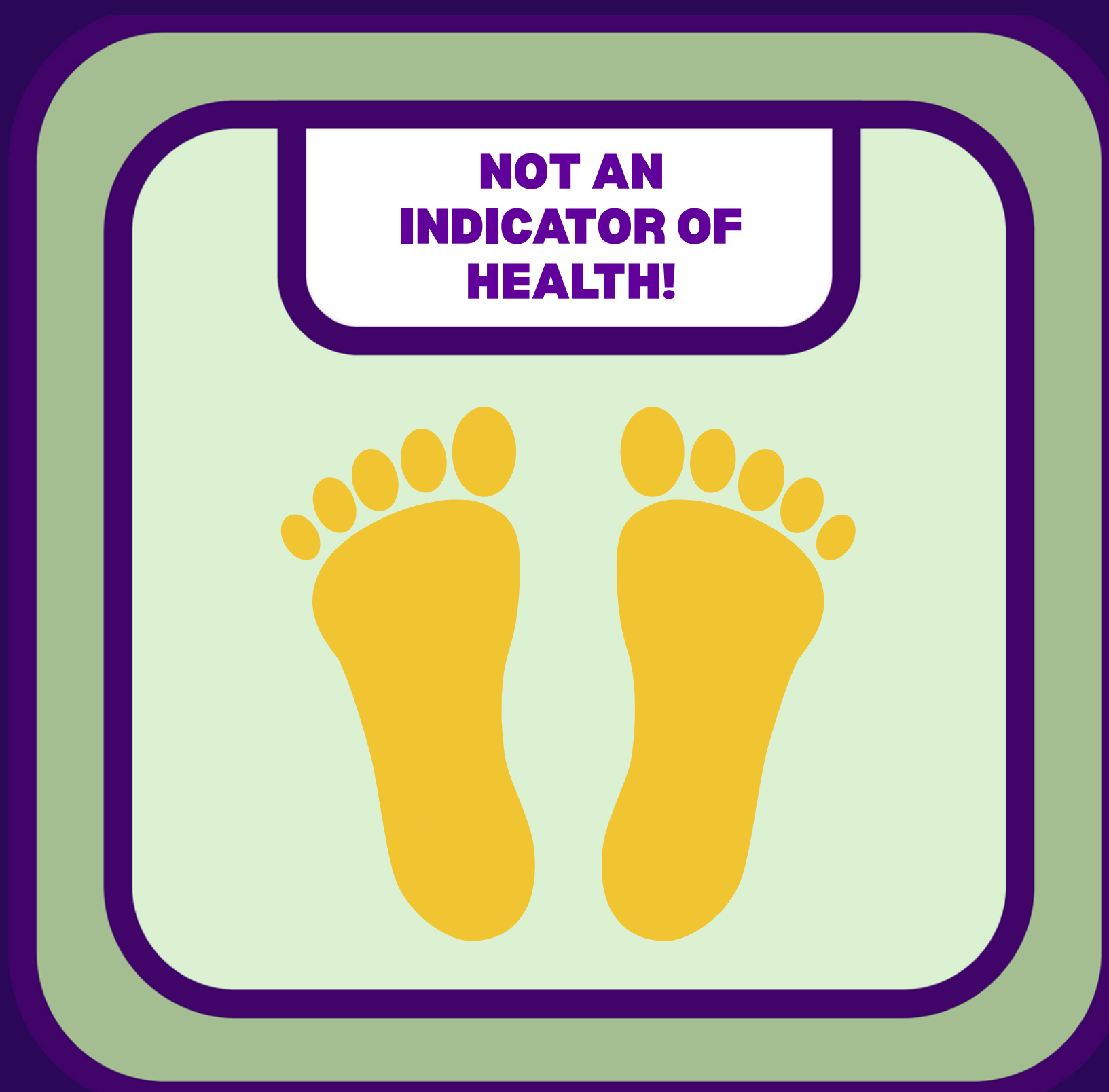
Remember: you can
advocate for yourself
in any space.

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

Focus on **this**



Not **this**



- Body weight is unhelpful for measuring health. It does not account for our **differences**.
- Health is better measured by things like how strong your heart and lungs are, how your body feels, how you move, sleep, and more!
- Everyone deserves to access and receive support for an eating disorder, **no matter what they weigh**.



For more information,
scan the QR Code

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



Eating Disorders
Awareness Week
#EDAW2026