

A photograph of three people sitting at an outdoor cafe table, laughing and smiling. In the center is a woman with short dark hair, glasses, and a red patterned cardigan. To her left is a woman with blonde hair wearing a white patterned top. To her right is a man with a beard wearing a blue denim jacket over a white shirt. The background shows a building with large windows and some greenery.

**“Ikke mere kake nå”  
- om vektstigma og tykke  
menneskers opplevelser i  
helsevesenet**

**OSLOMET**

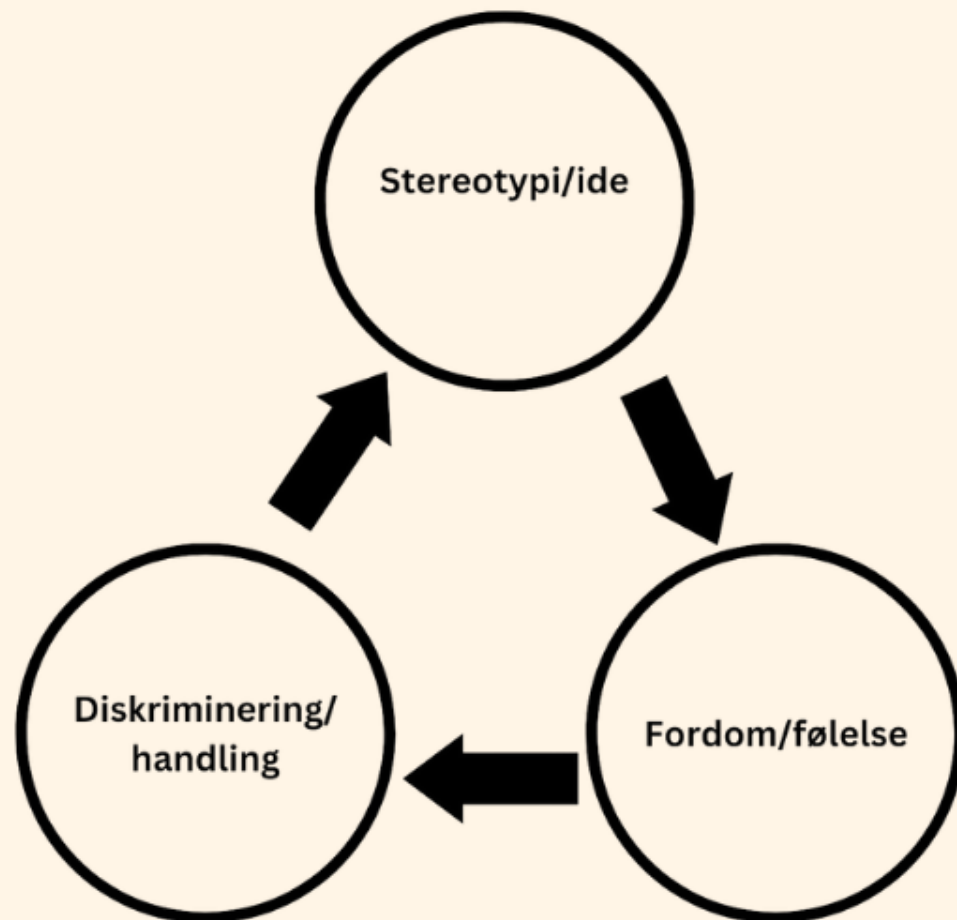
Carina E. Carlsen  
Tykkaktivist og universitetslektor  
ved OsloMet

# Vi skal snakke om...

- ...begreper
- ...om stigma
- ...noen historier
- ...løsningen?

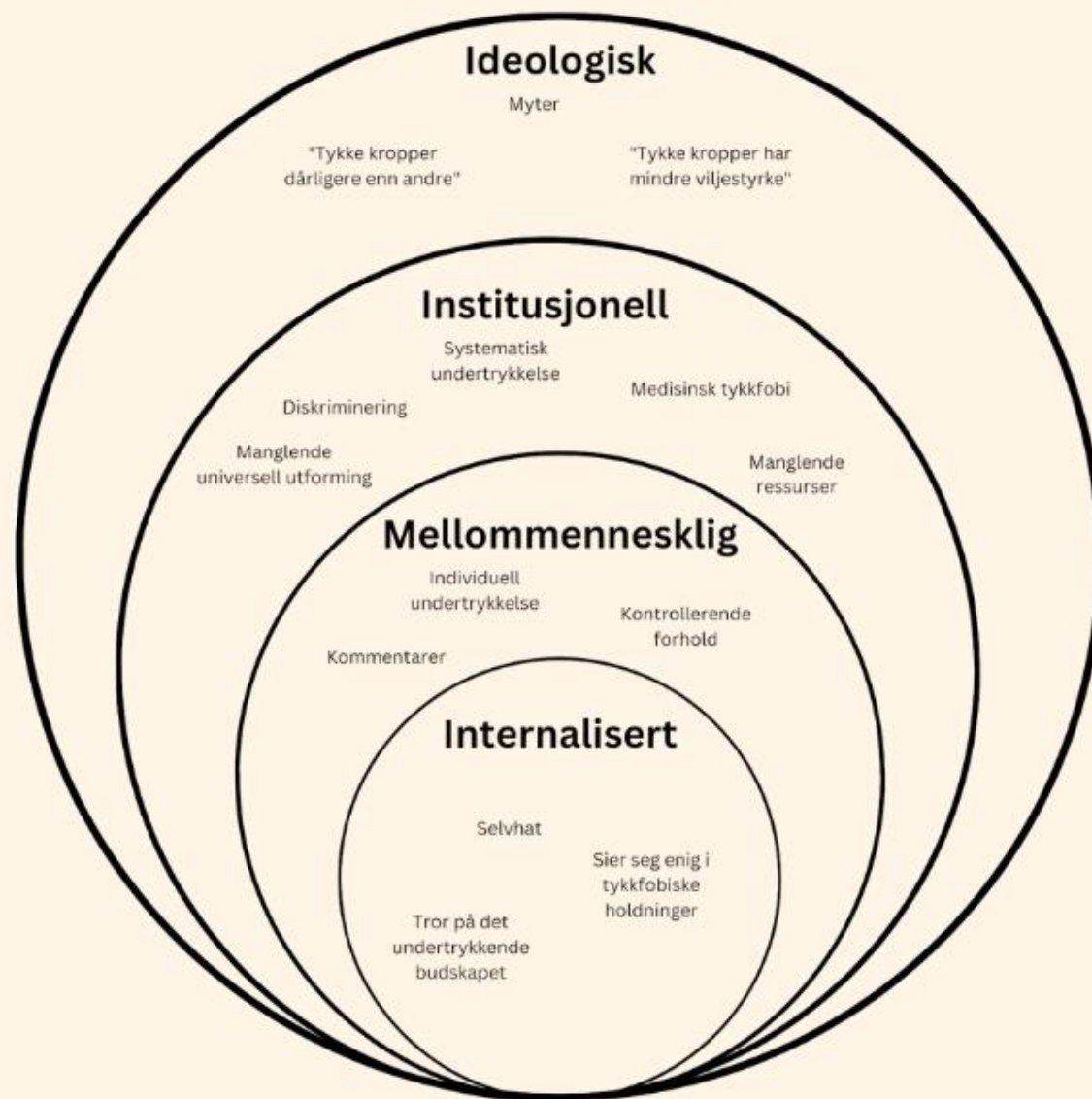


# Stigma kort forklart



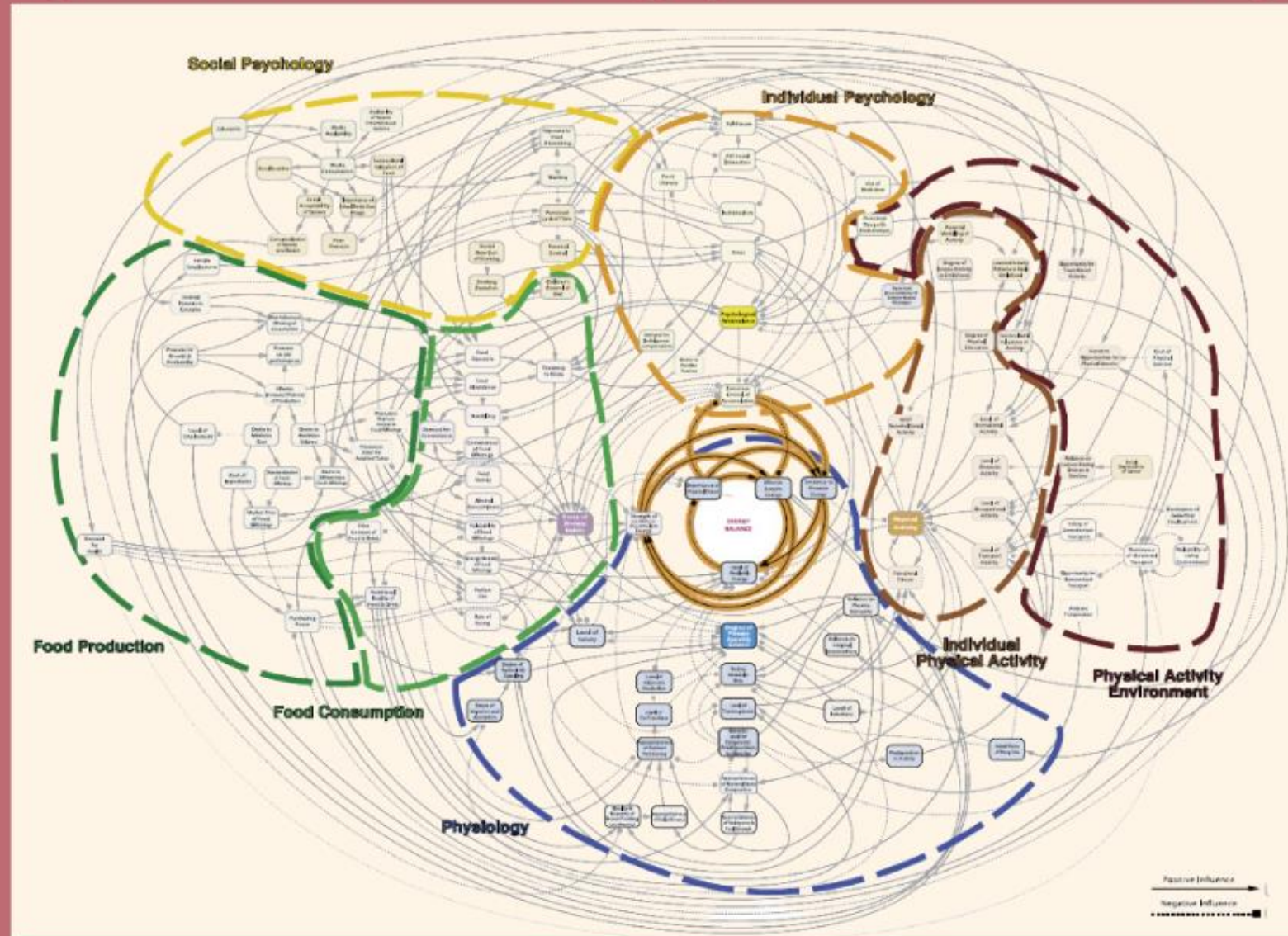
# Stigma på ulike nivåer

Vektstigma øker dødligheten med 60%



# Obesity foresight map

...og hvorfor "tren mer og spis mindre" er en myte



# Hvordan er tykkfobi skadelig

- Psykisk skadelig
- Fysisk skadelig
- Truer bærekraftsmål
- Øker dødeligheten
- Reduserer livskvalitet
- Negative holdninger i samfunnet



# Eksempler fra virkeligheten

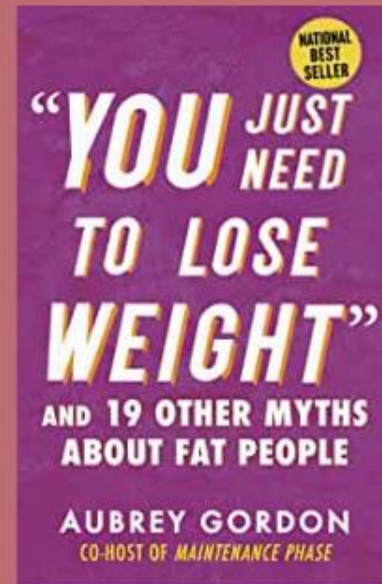
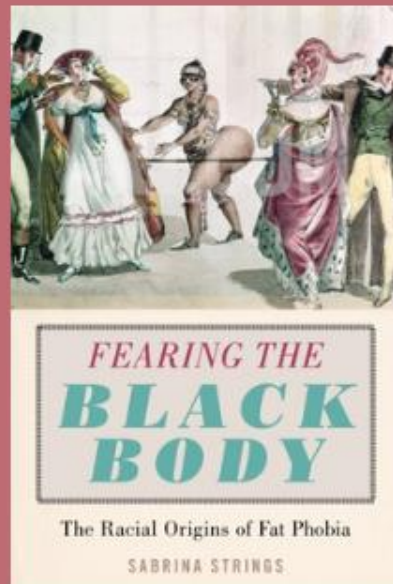
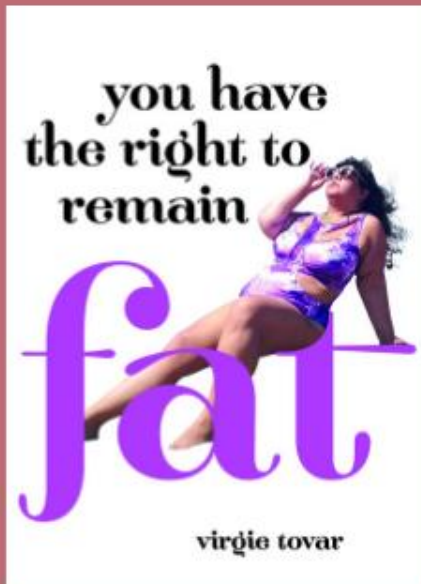
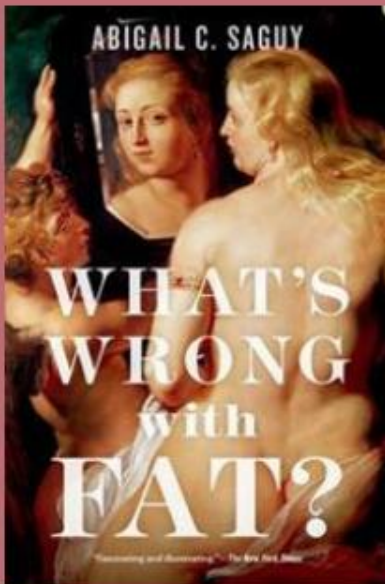
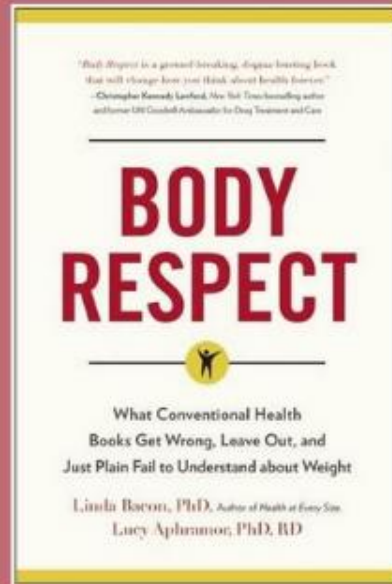
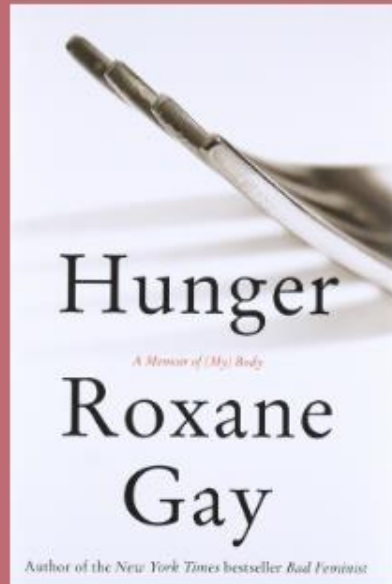
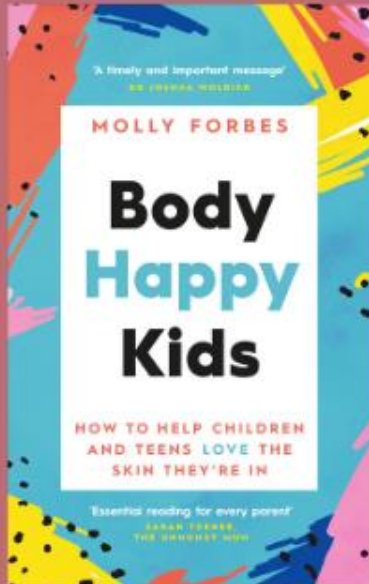
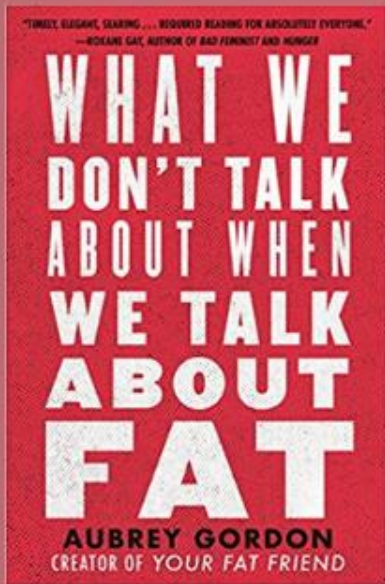


# Hva er løsningen?



- Kunnskapsøking
- At helsepersonell og andre innrømmer feil
- At vi innrømmer egen tykkfobi
- HUS (Helse uansett størrelse)
- Kropp inn som et diskrimineringsgrunnlag







**TAKK FOR MEG!**

Carina Elisabeth Carlsen:  
[carcar@oslomet.no](mailto:carcar@oslomet.no)

