

INTERNATIONAL FAT LIBERATION DAY

4 March |

| Every Year

Turning a day of erasure into a platform for liberation.

WHAT IS INTERNATIONAL FAT LIBERATION DAY?

International Fat Liberation Day (IFLD) is an annual day of significance that challenges weight-based discrimination and centres fat liberation, dignity, and human rights.

Held on 4 March, IFLD deliberately reclaims a date often used to pathologise and erase fat people, and transforms it into a call for justice, reform, and systemic change.

WHY THIS DAY MATTERS

Weight stigma causes real harm. It affects access to healthcare, employment, education, and public life. IFLD shifts the focus away from individual bodies and towards the systems and narratives that marginalise people because of their size.

PRINCIPLES OF THE DAY

- Liberation over stigma
- Justice, rights, and dignity
- Fat voices centred
- Systems are the problem, not bodies
- Respect isn't radical
- Dignity is non-negotiable

end
WEIGHT
bias.

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WHY THIS CONVERSATION IMPACTS US ALL

Weight bias does not only impact fat people. Cultural pressure to shrink, restrict, and monitor our bodies affects people across the size spectrum. When dignity is tied to appearance, everyone loses.

International Fat Liberation Day calls for a shift toward evidence-based, weight-neutral approaches that recognise health as complex and multifaceted.

Research consistently shows that weight stigma is associated with healthcare avoidance, chronic stress, and poorer health outcomes. Shame is not a public health strategy.

This day is not anti-health. It's not about ignoring medical care. It's not promoting any sort of "lifestyle". It is about equity, accuracy, and ending discrimination based on body size.

HOW TO TAKE PART

- Share accurate, stigma-free information
- Host conversations or learning sessions
- Review policies through a weight-inclusive lens
- Amplify fat-led advocacy and lived experience

**INTERNATIONAL FAT
LIBERATION DAY DEMANDS A
WORLD WHERE DIGNITY AND
HUMAN RIGHTS ARE NOT
CONDITIONAL ON BODY SIZE.**

LEARN MORE

endweightbias.org.au/ifld

**end
WEIGHT
bias.**