



Women's Health Clinic

Equity & Inclusion

Women's Health Clinic is a community health clinic in Winnipeg Manitoba. Since 1981, WHC has been providing health services, education and advocacy with a feminist, sex positive, and inclusive approach.

At WHC we provide size inclusive health care, promote the belief that health status is not dependent on weight, and strive to treat all people in all types of bodies with respect. From our first feminist-therapy group called "Getting Beyond Weight" in the early 1980's, to the hundreds of body image workshops we have provided in schools, to the Provincial Eating Disorder Prevention and Recovery program launched in 2009, the work we do every day at WHC is based in anti-dieting, body accepting messages.

WHC's latest educational campaign for No Diet Day on May 6th promoted "Body Peace Zones" in over 40 local businesses and organizations.

Our goal was to shift from asking individuals to love their bodies, in a fat oppressive culture, and put the responsibility back on society to stop creating and reinforcing body hating messages. By changing the environments that people are in every day (workplaces, coffee shops, healthcare clinics), this campaign reminded people that a number on the scale does not determine worth and it encouraged business to think about how they welcome people of all sizes. WHC asked businesses to pay attention to their environments and how making small changes can make a big difference in creating an inclusive space. Participants were encouraged to avoid all talk of diets, weight, exercise plans, appearance, or eating habits, all of which may contribute to weight stigma.

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