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July 10, 2021 | 11 minutes read | Tags: [Oppression and Liberation](#), [Long reads](#)

# On Health, Anti-Fatness and Capitalism

EVERYONE HAS A RIGHT TO GENUINE AND NON-COERCED HEALTH, AND TO BE FREE TO PURSUE OR NOT PURSUE HEALTH TO WHATEVER EXTENT THEY SEE FIT, WITHOUT DAMAGING MATERIAL CONSEQUENCES. ONE DAY, WE WILL BE – AND WE MUST WORK TOWARDS THIS FUTURE WITH EVERYTHING WE HAVE.

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Our support for colonised peoples must go beyond mere rhetoric. It must be taken into our workplaces and unions, our communities, our rent strikes and our struggles against the pigs and the prisons. The abolition of racial capitalism and imperialism is a matter of life and death.

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### Capitalism 101: Socialism

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### Capitalism 101: Crisis and Imperialism

In the sixth installment of our ‘Capitalism 101’ series, we will be discussing Crisis and Imperialism. What is

The Queen’s Speech in May 2021 included a plan for hospitality businesses with more than 250 employees to label their food with calorie counts. This idea, ostensibly part of the government’s plan to tackle the moral panic known as the obesity epidemic, is not new. Indeed, it’s an idea that has been floating around for more than a decade.

This exists in addition to plans to restart the National Child Measurement Programme post-lockdown. The programme, which began in 2006, involves weighing children at reception age and in Year 6, although the National Obesity Forum is, predictably, suggesting more frequent weigh-ins. If stomach surgery for fat children was worth encouraging back in 2013, why not endless weigh-ins for them now?

But what is really going on here? These plans will do more harm than good, and are little more than a distraction from the true harm caused by the government’s handling of the pandemic.

### A Note on “Obesity” and the “Obesity Epidemic”

Medical and social science have found that the terms “obese” and “obesity” further anti-fat discrimination, and imply that fatness is an indicator of health status and morality. “Obesity” is a medical definition based on the racist and outdated Body Mass Index (BMI) and fat activists have requested that we use neutral descriptors (fat) instead.

The “obesity epidemic” is a moral panic. The correlation between “weight” and “health” is weak (apart from at the extremes). The extent to which those correlations are causal is