

# Take Part in Research: Breastfeeding and Weight Stigma in the UK

## What is the research about?

We want to interview 20-30 women and birthing people about their **experiences of breastfeeding and how this might have been impacted by other's perceptions of their weight**. If you feel you may become distressed by discussing this topic then we advise that you do not take part.

Online interviews will last between 45-60 mins. Those who take part can be entered into a prize draw.



## Who can get involved?

- Women and birthing people who started a pregnancy with **BMI over 25** in the past five years:
  - And received any **professional breastfeeding support** (e.g. from a midwife in hospital or a health visitor at home)
  - **or have breastfed in public**

Participants must be **18+**, **live in the UK**, and have **access to a digital device** (smartphone, tablet, computer, etc.). You can check your BMI by entering your height and weight before pregnancy [here](#).

To take part, **please access the link:**

<https://tinyurl.com/sdt7u93v>

**or email:**

**[stephanie.lyons@manchester.ac.uk](mailto:stephanie.lyons@manchester.ac.uk)**

