

HEALTH

A 'Love Actually' actress compared body-shaming to racism — here's why that's a huge mistake



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Martine McCutcheon, an actress best known for role in "Love Actually," recently compared body-shaming to racism. [John Phillips/Getty Images](#)

The INSIDER Summary:

- **Martine McCutcheon compare body-shaming to racism.**
- **"I think it's demeaning to grade women by their weight. I can't believe that in this day and age we're so demeaning — you wouldn't judge someone for the color of their skin or their accent," she said.**
- **However, studies show that racism and body-shaming are incomparable.**
- **This kind of comparison is harmful and problematic.**

Martine McCutcheon, who played Natalie in arguably the greatest holiday movie of all time, "Love Actually," just made a comment that left us shaking our damn heads.

McCutcheon equated "the pressure to be perfect" to racism.

"I think it's demeaning to grade women by their weight," she told [Metro](#). "I can't believe that in this day and age we're so demeaning — you wouldn't judge someone for the color of their skin or their accent."

While the pressure to be thin is very real (in and out of Hollywood), her comparison to race is problematic. Yes, issues like body oppression, racial injustice, and LGBTQ rights all fall under a larger system of injustice — but comparing two issues (like you would apples and oranges) takes away from the two issues as a whole.

McCutcheon missed the mark, but she isn't the first to equate body shaming and racism. A 2014 study by the [Florida State University College of Medicine](#) compared the two and claimed that fat shaming has a worse effect than racism or sexism, while The Times reported on [a study](#) that said racism and body shaming are equally harmful.

Reminder: The body positivity movement is by and large a white feminist movement. While that's slowly changing to be more inclusive, it's still a movement largely run by white women. Equating body shaming to racism creates a divide and slows progress toward stamping out both.