

I would like a

WEIGHT NEUTRAL APPROACH TO HEALTHCARE

Research has demonstrated that health outcomes and provider/patient rapport are improved when providers adopt a weight-neutral approach to healthcare. For our work together please consider:

01

Not weighing me unless necessary and not disclosing my weight (or having it accessible on after-care notes) if I am weighed

02

Not prescribing weight loss as a treatment option.

03

Prescribing tests and treatments as you would utilize for someone if weight were not a consideration.

04

Asking about my health and wellness behaviors, rather than making assumptions.

05

Creating a shame-free environment where I feel safe to be honest and feel empowered to make health decisions.

RESOURCES

Aphramor, L. Validity of claims made in weight management research: a narrative review of dietetic articles. *Nutr J* 9, 30 (2010).
<https://doi.org/10.1186/1475-2891-9-30>

Lee, K.M., Hunger, J.M. & Tomiyama, A.J. Weight stigma and health behaviors: evidence from the Eating in America Study. *Int J Obes* 45, 1499–1509 (2021). <https://doi.org/10.1038/s41366-021-00814-5>

Rubino, F., Puhl, R.M., Cummings, D.E. et al. Joint international consensus statement for ending stigma of obesity. *Nat Med* 26, 485–497 (2020).
<https://doi.org/10.1038/s41591-020-0803-x>

Tomiyama AJ, Carr D, Granberg EM, Major B, Robinson E, Sutin AR, Brewis A. How and why weight stigma drives the obesity 'epidemic' and harms health. *BMC Med*. 2018 Aug 15;16(1):123. doi: 10.1186/s12916-018-1116-5. PMID: 30107800; PMCID: PMC6092785.

Health at Every Size: <https://asdah.org/health-at-every-size-haes-approach/>

<https://www.apa.org/monitor/2022/03/news-weight-stigma>