Learn more about obesity care and weight management

LET'S TALK ABOUT
Weight Management

Approach weight management conversations free from bias and judgement. Create a safe space for people living with obesity by letting them know:

1 Obesity is a complex medical condition. It does not mean the person living with obesity is to blame.

2 Many factors can contribute to weight gain. Disruptions in how the body stores energy can lead to obesity.

3 Express empathy by acknowledging their concerns and affirming their efforts toward weight loss.

Medical terminology, like "fat" and "obese" may feel negative to patients. Increase patient engagement and reduce defensiveness by using patient-preferred language for weight.

Free from stigma & person-first

INSTEAD OF THIS:
- Fat
- Obese

TRY THIS:
Ask the patient what language they prefer to use:
- "How do you prefer to talk about your body size/shape?"
- "What language do you use at home when discussing weight?"

Neutral, non-judgmental, and based on facts, actions, or physiology/biology

INSTEAD OF THIS:
- Ideal weight
- Goal weight

TRY THIS:
- "Your weight is…"
- "Your BMI is X"
- "Your measurements are…"

Avoid unintended consequences or mixed messages

INSTEAD OF THIS:
Unsolicited comments on body size or body changes, either observed or measured.
- "Wow, you're looking great!"
- "Look at how much weight you've lost! I'm so proud of you!"

TRY THIS:
- "If any, what concerns do you have about your weight?"
- "How do you view or feel about your body?"
- "Have you noticed any significant weight changes?"

Care team collaboration

INSTEAD OF THIS:
- "Eat less, move more."
- "Have you tried this diet plan?"

TRY THIS:
Recommend meeting with a nutrition professional:
- "Many of my patients have found it helpful to meet with a registered dietitian who can help them navigate confusing nutrition messages and feel more confident about their meal plan. Would this be something you're interested in?"