

REDUCING WEIGHT BIAS IN HEALTHCARE



BE IN THE KNOW

WEIGHT BIAS:

Negative attitudes, beliefs, assumptions, and judgments about people based on their weight or shape.

WEIGHT STIGMA:

When people are labelled and stereotyped based on their body weight or size.



GUIDING PRINCIPLES FOR WEIGHT-RELATED CONVERSATIONS

- People of all body sizes deserve respectful, compassionate, and patient-centered care.
- Always ask permission before initiating conversations about lifestyle and weight.
- For the paediatric population, approach the topic of weight in terms of growth and health.
- Communicate trust and respect through active listening.
- Consult patients and families on who should be involved in the discussions.
- Focus on strengths and take a family-based approach when discussing strategies for healthy living.
- Prioritize health behaviours, health outcomes, and quality of life rather than BMI or weight.

KEY MESSAGES

- Weight does not equal health. You cannot tell someone's health by looking at them.
- Healthy bodies come in a variety of shapes and sizes.
- Body weight is driven by the interaction of a number of factors beyond food intake and physical activity, many of which are not within an individual's control. These include:
 - Biological factors
 - Genetic factors
 - Environmental influences
 - Social determinants of health
- Genetics determine between 70-80% of weight and body shape.
- Focus on overall health, not body size or weight.
- Avoid making comments about body size, weight or, shape.
- "Best weight" is the weight that can be achieved and maintained when living the healthiest lifestyle that is enjoyable and realistic.





RESOURCES & REFERENCES

OBESITY CANADA 5A'S OF PEDIATRIC OBESITY MANAGEMENT:

<https://obesitycanada.ca/5as-pediatrics/>

HOLLAND BLOORVIEW WEIGHT-RELATED CONVERSATION RESOURCES:

<https://hollandbloorview.ca/research-education/bloorview-research-institute/research-centres-labs/weight-related-conversations>

BALANCED VIEW LEARNING RESOURCE:

<https://balancedviewbc.ca/>

IMPLICIT ASSOCIATION TEST:

<https://implicit.harvard.edu/implicit/takeatest.html> (Select Weight IAT)

RUDD CENTER WEIGHT BIAS & WEIGHT STIGMA RESOURCES:

<https://uconnruddcenter.org/research/weight-bias-stigma/>

FOR MORE INFORMATION, CONTACT THE PAEDIATRIC HEALTHY LIVING PROGRAM: 807-684-6058.

