

Weight Stigma Must Stop



DO'S

&

DON'TS

SIMPLE AWARENESS GUIDE
FOR HEALTH CARE
PROFESSIONALS



INTERACTION

People may prefer other terms, rather than being called Obese. Try something like 'living in a larger body'.

If you are going to use the term obesity, please use person first language. Such as: 'a person living with obesity' or 'a person with obesity'.

Obesity is a health term that should not be used as a label for any person.

Please do not assume that everyone wants to, or is in a good position to lose weight; or that there is a 'one fits all' solution.

Help an overweight patient to understand their options to improve health, in an open and non-judgmental way.



CHAIRS

Take care that the chairs in your waiting room or your office have no side restrictions. It can be very embarrassing if a person can't sit down because of the arm rails, or they get stuck.

Consider to furnish your surgery with chairs that are weight rated to 225kg, wider than a standard chair and with comfortable padding.

Try not to let patients who are living with obesity wait too long for their appointments. It can be a struggle for them to sit and wait for lengthy periods.

Always have a water drinking fountain available.



SCALES

Common household scales often only go up to 120 kg.

Please take care to purchase scales that are weight rated to 225kg and have a wide base for people to stand on. It can be very distressing for a person, when they realise that the scales are not able to measure their body weight.

It's important to make ALL people feel valued and not feeling that their health problem is a lower priority to other health services/people.



MEASURING TAPE

Most measuring tapes are only measuring up to 150cm. Please get a tape for your practice that measures up to 200cm.

It's these 'little details' that will make your patients feel valued and empowered with all of their health problems.

Not everyone feels free to talk about their weight and some need that little bit of compassion and reassurance that it's OK to get support and help. YOU can be that person.



BP CUFFS

Like the tape measure, blood pressure cuffs come in different sizes.

Often, the standard adult cuff will be too small for the patient living in a larger body. It can be very stressful for a patient when this happens.... and the BP measurement will not be accurate in this situation.

Using the wrong size cuff can lead to incorrect blood pressure readings and misdiagnosis for the patient, so have a size L, XL or XXL ready for use.



TOILETS

It's not the toilet itself that is the problem for people living in a larger body, but where the toilet is positioned in the room. Often, there is not enough space between the wall and the toilet to fit comfortably; and the toilet paper rolls are often positioned very far back and hard to reach.

These seemingly small situations can make a person that is living with excess weight feel less valued in society, and may lead to frustration and discouragement. People might even hesitate to come back for the next consult, because of those uncomfortable situations.

ABOUT WIN

**We provide a strong voice
and support for people living with,
and affected by obesity.**

Weight stigma (also known as weight bias) refers to negative opinions, assumptions, attitudes or responses toward a person because they are either overweight or has obesity. Weight discrimination is the fourth most common form of social discrimination amongst adults – and follows closely after age, gender and race discrimination. It is the only form of discrimination still widely thought to be socially acceptable.

We are committed to remove weight stigma, and we work actively to spread awareness about issues related to obesity.

We believe that weight discrimination and blame are the result of incorrect or incomplete notions about the causes of obesity, and how to manage it.



**Weight
Issues
Network**