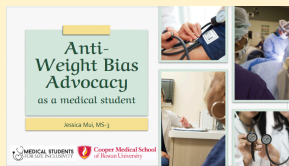




## Sharable Resources

[Presentation Recording](#): “Anti-Weight Bias Advocacy as a medical student” by Jessica Mui



[Presentation Slides](#)

[New Learner Cheat Sheet](#): Commonly Referenced Resources to Learn about Size Inclusive Care

Included are:

- *The consequences of a weight-centric approach to healthcare: A case for a paradigm shift in how clinicians address body weight* by Kasuen Mauldin PhD, RD et al
- *An Evidence-Based Rationale for Adopting Weight-Inclusive Health Policy* by Jeffrey M. Hunger et al
- *Advancing De-Implementation of Universal BMI Surveillance* from STRIPED
- Questions for Healthcare Practitioners to Ask Themselves about Weight Bias by Ragen Chastain
- Why I no longer prescribe weightloss, calculate BMI, or use the term “obesity” by Dr. Katarina Wind

[Weight Inclusive Provider Toolkit](#) by Sadie Pile

Some of the topics discussed:

- My patient comes in requesting intentional weight loss / weight loss medications
- My patient needs access to specialty care, but they have BMI limits
- How to address weight loss using informed consent
- My practice wants me to follow the AAP Guidelines for weight management in children
- I need to talk with my patient about weight, what do I say?

[Weight Inclusive Resources](#) PDF by Michaela Wilson, Dietetic Student

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## Advocacy in Didactics

### [Lecture Analysis Tool](#)

Add your problematic lecture material [here!](#)

An Email Draft to send to a weight-centric lecturer: [Link here](#)

Questions to consider asking a weight-centric lecturer / provider:

- Could you share the research to support xyz intervention?
- Does the research separate the impact of weight loss from behavior change?
- Does the research control for the impact of weight stigma on health? (which losing weight does not undo)
- It is my understanding that the majority of time, patients who lose weight on a diet end up gaining it back (diets don't work) - why do we still advise patients to diet? Are you familiar with the concept of weight cycling?
- How much weight would you expect a patient to have to lose to produce clinically meaningful results? Is this feasible/realistic for the pt.?
- How would your treatment approach be different for a pt. in a smaller body / larger body? Why?
- Have you come across research demonstrating the benefits of increased physical activity, independent of weight loss?
- To me BMI is a flawed and inadequate metric of health - what are some other measures you use to determine a patient's health status?

### [HAES Health Sheets](#)

Additional Resources to Consider

"But what about....?"

- [Sleep Apnea](#)
- [Diabetes](#)
- [Osteoarthritis](#)
- [PCOS & here](#)
- [Infertility](#)
- [NA FLD](#)

(still looking)

- Endometrial Cancer
- Obesity hypoventilation syndrome
- IIH
- Hidradenitis suppurativa

[An Open Letter to the Well-Intentioned Medical Students Who Want to Do a Capstone Project on Weight Stigma and Email Me Asking For Advice](#) by Rachel Fox

## Advocacy in Clerkships

<a href="#">Weight Inclusive MNT Handouts</a> by Meghan Cichy, RDN Nutrition advice for patients listed by health condition, available in English and Spanish
MSSI's " <a href="#">Letter to Healthcare Providers</a> "
MSSI: <a href="#">Size Inclusivity in OBGYN</a>
<a href="#">How Do I Talk To A Colleague About Their Weight Stigma?</a> by Ragen Chastain
<a href="#">MSSI GLP-1 Agonists Informed Consent Form</a> <a href="#">MSSI Bariatric Surgery Informed Consent Form</a>
Curriculum Committee's Mini-Guides (topic specific handouts) <ul style="list-style-type: none"><li>• <a href="#">GLP-1 Agonist Information Sheet</a></li><li>• <a href="#">All About Diet Culture</a></li><li>• <a href="#">How to respond to pt. asking to discuss weight/weight loss</a></li></ul>

Ideas for dealing with tricky scenarios:

- **Outside the room, a peer/ physician makes a fatphobic comment about the pt.**  
*Debriefing with a peer or supportive faculty member.*  
*Provide direct feedback to the person, "call in don't call out"*  
*If indicated, file a formal complaint through the school/hospital.*
- **Pt. is denied a procedure / treatment due to their weight**  
*Remember this is a problem with our healthcare system and not a problem with the patient. Consider further advocacy directed at ensuring physicians can perform procedures safely on larger patients, healthcare systems develop equipment that can support higher weights, etc. Help the pt. find an alternative provider / institution that can better serve their needs.*
- **The pt. themselves is interested in losing weight; You are instructed to counsel pt. about dieting and weight loss** See resource [Weight Inclusive Provider Toolkit](#) by Sadie Pile
- **Attending asks you about a pt's weight during presentation**  
*(respectfully ofc) "I do not include pt weight or BMI in presentations because I do not believe it is a useful or accurate marker of health. Or I prefer using xyz. I do not think the pt's weight should or would change the management plan for the pt."*  
*"Are you asking about whether the patient appears to be in a larger body?"*
- **Responding to "I'm scared I am fat", "I need to lose weight" etc. from a pt. or coworker**  
Consider adapting this [Dessert Club article](#) or [Mums At the Table post](#) for kids