**BACKGROUND AND PURPOSE**

Research shows that weight stigma can cause harm to patients (e.g., stress, poor health outcomes, increased diabetes risk, etc.).

In 2003, the Association for Size Diversity and Health (ASDAH) created the Health At Every Size (HAES) principles to reduce weight stigma and promote respectful, non-weight-centered care.

**RESULTS**

Results are based upon a qualitative content analysis by two researchers of the data extracted from the ten (10) clinician interviews. Clinicians identified barriers and facilitators to respectful, weight-inclusive care.

**Barriers & Facilitators**

See Word Cloud for barriers. The most prominent theme for facilitators to weight-inclusive care was identified as providing non-weight focused care.

**Body Mass Index (BMI) Measurement**

Clinicians were asked to comment on the BMI metric and its connection to wellbeing, and themes that emerged were: BMI is a useful metric, but it is inadequate, and a potential cause of patient distress.

**CONCLUSION**

There may be ways that respectful, weight-based care can be improved in the United States healthcare system. Future research should aim to gain perspectives from a larger, more diverse population of clinicians.

**REFERENCES**

1. Health At Every Size. Tomiyama AJ. Weight stigma is stressful. A review of evidence for the Cyclic Obesity/Weight-Based Stigma model and HAES are trademarks of ASDAH.
2. Tomiyama AJ. Weight stigma is stressful. A review of evidence for the Cyclic Obesity/Weight-Based Stigma model and HAES are trademarks of ASDAH.