



**BACKGROUND AND PURPOSE**

Research shows that **weight stigma can cause harm to patients** (e.g, stress, poor health outcomes, increased diabetes risk, etc.).<sup>2</sup>

In 2003, the Association for Size Diversity and Health (ASDAH) created the **Health At Every Size (HAES)**<sup>3</sup> (see **QR code**) principles to reduce weight stigma and promote respectful, non weight-centered care.



**STUDY DESIGN**

- While current research about Health At Every Size shows the benefit it can have on individuals<sup>4</sup>, **there is little information about what clinicians think about integrating HAES principles into their clinical practice.**
- Ten (10) clinicians were interviewed: **four (4)** medical doctors (MDs), **four (4)** Physician Assistants (PAs), and **two (2)** Nurse Practitioners (NPs).
- Clinicians partook in a **30 minute interview (semi-structured)**

**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**

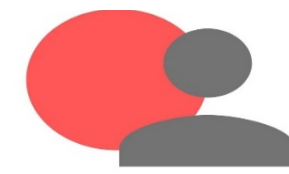
See Word Cloud for barriers. The most prominent theme for facilitators to weight-inclusive care was identified as **providing non-weight focused care.**

**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.



**"I wouldn't say that we would be weight blind, but I guess...it would be a move away from the focus on that." – Participant 06**



**"BMI could be useful, but it does definitely has some limitations." – Participant 04**

**REFERENCES**

- <sup>3</sup>Health At Every Size a<sup>2</sup> Tomiyama AJ. Weight stigma is stressful. A review of evidence for the Cyclic Obesity/Weight-Based Stigma model and HAES are trademarks of ASDAH
- <sup>4</sup>Provencher, V., Bégin, C., Tremblay, A., Mongeau, L., Corneau, L., Dodin, S., ... Lemieux, S. (2009). Health-At-Every-Size and Eating Behaviors: 1-Year Follow-Up Results of a Size Acceptance Intervention