

OBESITY MANAGEMENT IN PRIMARY CARE CERTIFICATE PROGRAM:

A Practice Management & Leadership Training Program for PAs and NPs



Module 2: *Overcoming Bias and Stigma in Obesity* Preparation Worksheet and Resources

This worksheet is designed to enhance your personal awareness as you reflect on your own clinical practice behaviors and personal experiences relative obesity. Additionally, page 2 includes resources that are geared to help you and your patients adopt practical strategies in obesity management related overcoming bias and stigma.

Self-reflection

1. What stereotypes do I have about patients with obesity? _____

2. What assumptions do I make based only on weight regarding a person's character, intelligence, professional success, health status, or lifestyle behaviors? _____

3. In what ways have I observed providers exhibiting obesity bias and stigma? _____

4. What do I plan to do to decrease my own personal bias related to obesity bias and stigma? _____

5. What steps can I take in my own clinical practice to ensure that patients with obesity receive the best possible care and outcomes? _____

6. Have might I educate other providers and staff on this topic? _____

Resources

- Obesity Action Coalition: <https://www.obesityaction.org/>
- University of Connecticut Rudd Center: <http://www.uconnruddcenter.org/weight-bias-stigma>
- George Washington University's Stop Obesity Alliance: <https://stop.publichealth.gwu.edu/>
- Obesity Medical Association: <https://obesitymedicine.org/>
- The Obesity Society: <https://www.obesity.org/>
- Treat and Reduce Obesity Act (TROA): <https://www.obesityaction.org/troa/>