

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* Clinical Webinar Engagement Worksheet

INSTRUCTIONS: This worksheet is designed to help support a more meaningful learning experience. As you follow along in the clinical webinar, please reflect on your own clinical practice behaviors and your personal experience as you complete the questions below!

1. Obesity bias and stigma are increasing _____ to the current rates of obesity.
2. The prevalence and scope of obesity is similar among young, middle-aged, and older adults.

Yes No

3. Fill in the following definitions:

- Weight bias: _____
- Weight stigma: _____
- Weight discrimination: _____

Weight Bias and Stigma

4. Weight bias has more than _____ in the U.S. over the past 30 years.
5. A recent study in the US found _____ of women and _____ of men with obesity reported experiencing weight discrimination.
6. Weight bias and stigma are evident in four areas, including _____, _____, _____, and _____.

Healthcare Provider Bias

7. ↑ or ↓: Providers with obesity-bias spend _____ time with patients, engage in _____ “patient-centered” communication, and are _____ likely to perform screenings and discuss health issues with patients.
8. One study found that _____ of primary care providers described patients with obesity as “awkward, ugly, and non-compliant.”

9. ↑ or ↓: One study recorded the responses of medical students who were shown virtual patients with shortness of breath. Patients who had obesity were _____ likely to just receive lifestyle recommendations and _____ likely to receive appropriate medications than patients with normal weights
10. A study with nurses found that most lacked training related to obesity management and only _____% provided information related to obesity management.

Patient Experiences

11. One study found that patients report that the top source of obesity bias after family members is health care providers. Yes No
12. One study found that _____% of women with obesity reported receiving inappropriate comments from their providers related to their weight.
13. Younger women with obesity reported more stigma than individuals who were older. Yes No
14. ↑ or ↓: Individuals with overweight and obesity are _____ likely to schedule preventive exams (ie, gynecological, clinical breast exams, mammographic exams) and _____ likely to cancel or not show up for appointments.

Weight Bias and Stigma: The Negative Impact of Weight Shaming

15. Shaming individuals with obesity can be _____ to effective obesity management.
16. Individuals who were shamed reported that _____ was identified as a common coping strategy used to deal with obesity stigma.

Strategies to Reduce Obesity Bias and Stigma

17. List 3 strategies to reduce personal obesity biases: _____

18. Mark the following terms as encouraged (E) or discouraged (D):

- | | |
|---------------------------------------|--|
| a. _____ Overweight, unhealthy weight | e. _____ Body mass index |
| b. _____ Morbidly obese | f. _____ Diet and exercise |
| c. _____ Obese | g. _____ Nutrition and physical activity |
| d. _____ Affected by obesity | h. _____ Fat |

19. You should _____ before discussing weight and make _____ the reason for the discussion.

20. List 3 strategies to reduce obesity bias and stigma in the clinical office setting: _____
