

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 Key Pearls

Below are key pearls to reflect on from the Module 2 Clinical Webinar:

- Reducing bias and stigma around obesity can help improve health outcomes for individuals with obesity.
- You have an incredible opportunity to be the change and make a difference in interactions with your patients to minimize bias around individuals impacted by preobesity and obesity! Patients reported in one study that, after family members, HCPs can be a top source of obesity bias.
- Kindness and education go a long way when working with individuals who have been impacted by bias and stigma surrounding their struggles with obesity.
- Strategies to reduce obesity bias and stigma: FIRST—recognize it as a disease, SECOND—increase your knowledge about obesity, THIRD—assure you have recognized your own bias.
- Employ strategies to provide the best possible care:
 - people-first language
 - self-reflection
 - making environmental accommodations
 - participate in training in obesity management
- NPs and PAs can lead the way: NPs and PAs have a great opportunity to be the go-to source for reducing obesity bias and implementing effective obesity management.