

Identify personal attitudes

Increasing self-awareness is an important first step in understanding and reducing weight bias. Take some time to ask yourself the following questions about your own attitudes, and identify any personal weight biases that you may hold.

- What assumptions do I make based only on weight regarding a person's character, intelligence, professional success, health status, or lifestyle behaviors?
- Could my assumptions be impacting my ability to help my patients?
- How comfortable am I working with patients of different sizes?
- What kind of feedback do I give to obese patients?
- Do I give appropriate feedback to encourage healthful behavior change?
- Am I sensitive to the needs and concerns of obese individuals?
- Do I consider all of the patient's presenting problems, in addition to weight?
- What are my views about the causes of obesity? How does this impact my attitudes about obese persons?
- Do I treat the individual or only the condition?
- What are common stereotypes about obese persons? Do I believe these to be true or false? What are my reasons for this?

