

## Identify personal biases

- What assumptions do I make based only on weight regarding a person's character, intelligence, professional success, health status, or lifestyle behaviors?
- How do I feel working with people of different body sizes?
- What types of feedback do I give to obese patients? Does this feedback encourage healthful behavior change?
- How do I address the needs of obese individuals? Am I sensitive to their concerns?
- Do I treat the individual or only the condition?

A great first step is for each of us to reflect upon our own attitudes and identify any personal biases that we may hold, as awareness is a first step toward change. Please take a few moments to ask yourself the following questions: