

## Guided group discussions for providers

The following questions are intended to initiate group discussions about weight bias among providers. These questions can be proposed to a large group, or different questions can be posed separately to smaller groups of providers. The instructor should ask each group to generate a list of ideas and responses to each question, which can then be shared with the larger group for further discussion. The instructor may choose to focus on only one question for discussion if time is limited. The purpose of these questions is to increase awareness of personal attitudes toward obese patients, recognize potential challenges in treating obese patients, and to generate strategies to improve sensitivity in patient care. Following group discussions, the instructor may want to distribute the handout in this module called “Sensitivity to Weight Stigma: Treating Obese Patients.”

**Question 1:** Have you experienced any challenges in providing treatment to obese patients? If so, what were these challenges? How did you deal with these obstacles?

**Question 2:** What do you think are the most common stereotypes about obese individuals? Do you believe that these stereotypes are generally true or false?

**Question 3:** Do you think that stereotypes about obese persons could affect the way that they are treated by health care professionals? If yes, in what ways do you think their care may be compromised? If no, why not?

**Question 4:** In light of the challenges that providers confront when treating obese patients, what kinds of strategies can providers use to ensure sensitive, compassionate care that is free of weight bias?

