

# Building Better Relationships



Obese people frequently feel shame about their size. It's important that health care settings be safe havens where patients feel free to ask for assistance not only with weight management but a full spectrum of wellness issues. This module discusses areas where many obese patients have reported feeling stigmatized. They range from well-meaning but hurtful discussions of weight loss to the difficulty of finding an appropriate-sized chair in the waiting room. This module gives you the tools to look at your own practice and ask:

Am I providing a physical environment that accommodates larger patients?

How can I discuss lifestyle changes in a way that will make my patients feel cared for and motivated?

