

Bias Hurts



Bias hurts, and not just emotionally. Research confirms bias among doctors, nurses, dietitians and other health care professionals, even those who specialize in obesity. Patients report avoiding routine, preventive health care because of these negative experiences. Recent research has even shown that stigmatization contributes to unhealthy eating behaviors. Addressing weight bias is a clinical imperative. Today's excellent clinician must ask:

What kinds of negative experiences might I expect my obese patients have had in the past?

How can I rebuild patient/provider trust to deliver quality care?

