

Talking to your doctor about your weight

Sometimes it can be difficult and embarrassing to visit the doctor if you are overweight. Telling your doctor about your concerns or anxiety can be very useful, because this information can help your providers learn what they need to do to make your visits more comfortable and productive. Please answer the following questions, and then give this sheet to your doctor at your next appointment.

How often would you like to be weighed when you visit the doctor?

1. At every appointment
2. Only when necessary
3. Only if I request it
4. Once a year

Would you prefer to stand on the scale facing backwards, to avoid seeing the number?

1. Yes
2. Sometimes – if I request it
3. No – I would like to see how much I weigh

Would you like your doctor to offer you information and advice about how to lose weight?

1. Yes
2. Only if I ask for this information
3. No

Would you like your provider to ask your permission before discussing your weight with you?

1. Yes
2. No

How would you like your providers to refer to your weight? Please circle all words that you feel comfortable with:

<i>Body Mass Index (BMI)</i>	<i>obesity</i>
<i>Body weight</i>	<i>weight problem</i>
<i>Excess weight</i>	<i>fatness</i>
<i>Weight issue</i>	<i>extra weight</i>

Other words you feel comfortable with: _____
