

Weight and Obesity: Perception to Perspective



Key Takeaways

- ▶ When discussing weight with patients, outdated perceptions such as equating weight solely with lifestyle choices can lead to unintentional biases
- ▶ The idea that willpower alone is enough to treat obesity damages trust and leaves patients feeling discouraged and ashamed – and more likely to withdraw from care
- ▶ Shifting to a trauma-informed perspective means recognizing that many patients with obesity have experienced years of weight stigma, which leaves lasting psychological scars
 - ▶ Create a safe environment where patients feel genuinely listened to and respected
 - ▶ Be intentional with language: avoid terms and tone that could reinforce feelings of shame or judgment
 - ▶ Shift focus away from measured weight as the primary indicator of success; instead recognize that psychological health and overall wellbeing are critical outcomes
- ▶ Each patient's journey is unique: try to support with compassion and patience

Source: Pashby R. Interview: Weight and Obesity: Perception to Perspective. [The Best of Obesity Week. November, 2024.](#)