

COMMUNICATING WITH PATIENTS ABOUT OBESITY & OBESITY MANAGEMENT

Trust and **open communication** between providers and patients are essential for strong therapeutic relationships, but communication about obesity can be **complex** and **emotionally charged**.



GUIDING PRINCIPLES

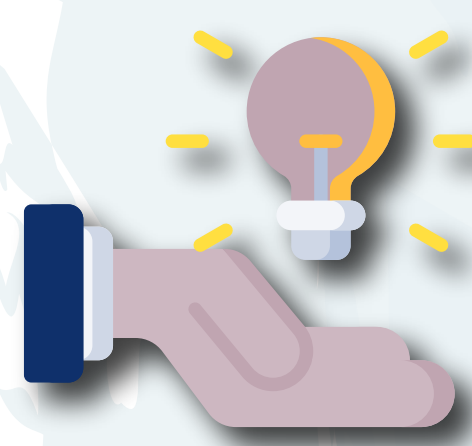
These may be helpful in clinical practice:



Raise the topic of obesity through a discussion of overall health; patients may be more open if they feel the topic is introduced in a **factual** and **non-judgmental** manner



Underscore the idea that obesity is a **clinical diagnosis**, not a label or choice



Educate regarding the impact of obesity on health and quality of life and the potential **benefits** of even modest weight reduction



Consider **language choice** to facilitate engagement and avoid assumptions about which terminology might be best; ask what words might be most comfortable for this conversation and incorporate **person-first language** into communication practices

PREFERRED LANGUAGE VS LESS DESIRED LANGUAGE FOR ADULTS WITH OBESITY

PREFERRED TERMS	DISCOURAGED TERMS
Individual with obesity (person-first language)	Obese individual
Weight	Fatness
Overweight	Excess fat
Body mass index	Large size
Unhealthy body weight	Morbidly obese

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