

Check Your Attitude

Testing your assumptions is a great place to start to address weight bias. The questions listed in the table below can help you become more aware of your attitudes and beliefs about weight and obesity.

Question	Supporting Evidence
Do you assume a patient's health, characteristics, behaviours and abilities are based on their body size, weight and shape? Yes/No	People come in different sizes and shapes. Body size, weight and shape are not directly associated with persons' health, work ethic, willpower, intelligence or skills.
Do you think that every patient with a larger body size or a higher BMI has obesity and needs to lose weight? Yes/No	Obesity is a chronic disease defined as excess or abnormal weight that impairs health. BMI is an indicator of size, not health. Not everyone with a large body size or high BMI has obesity.
Do you Believe patients with obesity are personally responsible for their condition? Yes/No	Many people think obesity can be controlled by simply eating healthier and being more active. But more than 300 factors contribute to obesity ranging from physiological and psychological factors to genetic, social and environmental factors. Many of these are beyond an individuals' control.
Do you let negative comments about a patient who has a larger body size or has obesity go unchallenged? Yes/No	Calling attention to inappropriate, blaming or shaming jokes, comments or conversations about people with obesity or a larger body size are important to reduce such behaviour.