

ASSOCIATION FOR

AWSIM

WEIGHT & SIZE INCLUSIVE MEDICINE

5 COMMON MYTHS ABOUT WEIGHT AND HEALTH

LET'S DEBUNK THEM!

@awsim_official

MYTH



BMI is a Comprehensive Measure of Health

FACT

BMI was designed for population studies and doesn't consider individual factors like muscle, body composition, or metabolism. It's just one part of the picture!



MYTH



Losing Weight Always
Improves Health

FACT

Real health benefits come from
sustainable lifestyle habits, like quality
sleep, managing stress, and regular
activity—not just weight loss.



MYTH



Weight Equals Health

FACT

Body weight is just one factor. People in larger bodies can be metabolically healthy, while people in smaller bodies might face health issues. Health is multifaceted!



MYTH



Weight-Inclusive Care
Means Avoiding Weight
Discussions

FACT

Weight-inclusive care respects body diversity and prioritizes overall health goals while still allowing for open, respectful conversations about weight when the patient is comfortable.



MYTH



All Patients Want Weight
Loss Guidance

FACT

Many patients prefer a health focus
beyond weight. They may seek
improvements in energy, mood, or
mobility instead of weight loss alone.



Quick Tips for Cultivating Patient Trust

Be Mindful of Body Language

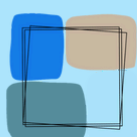
MAKE EYE CONTACT, USE OPEN, WELCOMING GESTURES, AND AVOID CROSSING YOUR ARMS. THESE SMALL SHIFTS SHOW PATIENTS YOU'RE ENGAGED AND RESPECTFUL.

Validate Patient Experiences

SHOW EMPATHY BY ACKNOWLEDGING PATIENT EXPERIENCES. TRY PHRASES LIKE, 'I UNDERSTAND HOW THAT MIGHT FEEL' OR 'THANK YOU FOR SHARING THAT WITH ME.'

Offer Language Choices

ASK PATIENTS HOW THEY PREFER TO DISCUSS THEIR HEALTH, AND USE TERMS THAT FEEL RESPECTFUL TO THEM. THIS FOSTERS A SAFE, JUDGMENT-FREE ENVIRONMENT.



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