

ASSOCIATION FOR

AWSIM

WEIGHT & SIZE INCLUSIVE MEDICINE

5 COMMON

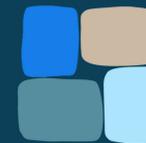
MYTHS

**ABOUT WEIGHT AND
HEALTH**

LET'S DEBUNK THEM!

@awsim_official

MYTH



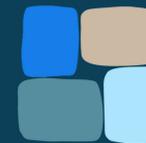
BMI is a Comprehensive Measure of Health

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



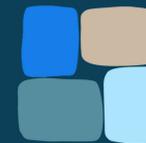
Weight Equals Health

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



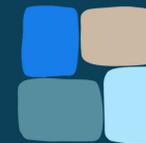
Weight-Inclusive Care
Means Avoiding Weight
Discussions

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

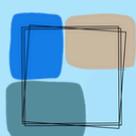
MAKE EYE CONTACT, USE OPEN, WELCOMING GESTURES, AND AVOID CROSSING YOUR ARMS. THESE SMALL SHIFTS SHOW PATIENTS YOU'RE ENGAGED AND RESPECTFUL.

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.



ASSOCIATION FOR

AWSIM

WEIGHT & SIZE INCLUSIVE MEDICINE