



ASSOCIATION FOR

AWSIM

WEIGHT & SIZE INCLUSIVE MEDICINE

**BUILDING
TRUST:
SIZE-
INCLUSIVE
LANGUAGE
MATTERS.**





FOCUS ON HEALTH BEHAVIORS INSTEAD OF WEIGHT

Frame health goals around behaviors: instead of 'weight loss,' say 'let's focus on your energy levels, mobility, or sleep quality.'

Doctor's Example: Rather than saying, "Let's talk about losing weight to improve your health," the doctor could say:

- "How are you feeling in terms of energy, sleep, or mobility? We can work together on any areas you'd like to focus on, like building energy or improving sleep."



2

ASK FOR PREFERENCES

Ask patients how they prefer to discuss their bodies. This small step goes a long way in building trust and mutual respect.

Doctor's Example: Instead of making assumptions, the doctor could say:

- "If it's okay with you, I'd like to know how you prefer we discuss your health goals and body, so I can make sure we're using language that feels comfortable and supportive for you."





EXAMPLE PHRASING

Examples of size-inclusive language: 'How can I support your health goals?' instead of 'Let's talk about weight management.'

Doctor's Example: Replace "Let's talk about weight management" with:

- "What health goals are most important to you right now? I'm here to support whatever you feel would help you feel your best."





REPLACE 'OBESE' WITH 'LARGER- BODIED'

Choose terms that center respect and avoid labeling. Terms like 'larger-bodied' support dignity and respect.

Doctor's Example: Instead of saying, "Your BMI classifies you as obese," the doctor could say:

- "As someone with a larger body type, there are specific health areas we can monitor to support your overall wellness. Let's talk about ways we can help you feel your healthiest."

