

## 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.'

<u>Doctor's Example:</u> 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."

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## 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.

<u>Doctor's Example:</u> Instead of making assumptions, the doctor could say:

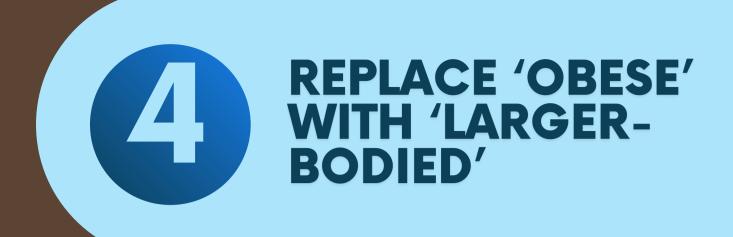
• "If it's okay with you, I'd like to know how you prefer we discuss your health goals and body, so I can make sure we're using language that feels comfortable and supportive for you."

## 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."



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

<u>Doctor's Example:</u> 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."

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