



# 5 Ways to Make Your Practice More Size-Inclusive.

Creating a welcoming space for all bodies fosters better care and builds patient trust.



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# Provide Accessible Seating



Offer sturdy, armless chairs in your waiting and exam rooms. This small change shows respect for patients of all sizes and helps create a welcoming environment.

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# Use Inclusive Language

Avoid weight-focused language and instead use terms that respect body diversity, like 'larger-bodied' instead of 'obese.'



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# Offer Gowns and Equipment in Various Sizes.

Patients should feel physically comfortable. Having gowns and blood pressure cuffs in a range of sizes is a tangible way to show inclusivity.



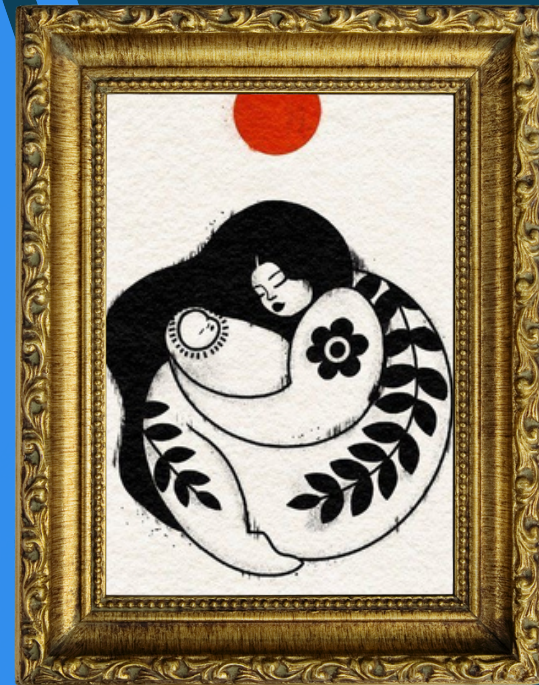
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# Display Inclusive and Body-Neutral Decor

Body-neutral or health-focused posters (rather than weight-centric messages) support a welcoming atmosphere.



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# Solicit Patient Feedback

Ask patients how you can improve inclusivity. Small, continuous improvements show patients you value their experiences.



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