

# Video: Improving Care for Patients with High Body Weight

## References

- American Medical Association. AMA adopts new policy clarifying role of BMI as a measure in medicine. Accessed 26 July 2023. <https://www.ama-assn.org/press-center/press-releases/ama-adopts-new-policy-clarifying-role-bmi-measure-medicine>
- Association for the Study of Obesity. ASO position statement: Weight stigma and discrimination. Accessed 26 July 2023. <https://aso.org.uk/resource/aso-position-statement-weight-stigma-and-discrimination>
- Bailey RR. Goal Setting and Action Planning for Health Behavior Change. *Am J Lifestyle Med*. 2017 Sep 13;13(6):615-618. doi: 10.1177/1559827617729634.
- Bovend'Eerd TJ, Botell RE, Wade DT. Writing SMART rehabilitation goals and achieving goal attainment scaling: a practical guide. *Clin Rehabil*. 2009;23:352-361.
- Brown A, Flint SW. Preferences and emotional response to weight-related terminology used by healthcare professionals to describe body weight in people living with overweight and obesity. *Clin Obes*. 2021;11:e12470.
- Christie D, Channon S. The potential for motivational interviewing to improve outcomes in the management of diabetes and obesity in paediatric and adult populations: a clinical review. *Diabetes Obes Metab*. 2014;16(5):381-387. doi: 10.1111/dom.12195
- DiLillo V, Siegfried NJ, West DS. Incorporating motivational interviewing into behavioral obesity treatment. *Cogn Behav Pract*. 2003;10(2):120-130.
- Doas M. Are we losing the art of actively listening to our patients? Connecting the art of active listening with emotionally competent behaviors. *Open J Nurs*. 2015;5:566-570. doi: [10.4236/ojn.2015.56060](https://doi.org/10.4236/ojn.2015.56060).
- Ebnetter DS, Latner JD, O'Brien KS. Just world beliefs, causal beliefs, and acquaintance: Associations with stigma toward eating disorders and obesity. *Pers Individ Dif*. 2011;51(5):618- 22.
- Eisenberg D, Noria S, Grover B, Goodpaster K, Rogers AM; American Society for Metabolic and Bariatric Surgery Clinical Issues Committee. ASMBS position statement on weight bias and stigma. *Surg Obes Relat Dis*. 2019 Jun;15(6):814-821. doi: 10.1016/j.soard.2019.04.031.
- Freshwater M, Christensen S, Oshman L, Bays E. Behavior, motivational interviewing, eating disorders, and obesity management technologies: An Obesity Medicine Association (OMA) Clinical Practice Statement (CPS) 2022. *Obesity Pillars* 2022; 2:100014.
- Gonzalez CM, Lybson ML, Sukhera J. Twelve tips for teaching implicit bias recognition and management. *Med Teach* 2021;43:1368–73.
- Gopal DP, Chetty U, O'Donnell P, Gajria C, Blackadder-Weinstein J. Implicit bias in healthcare: clinical practice, research and decision making. *Future Healthc J*. 2021 Mar;8(1):40-48. doi: 10.7861/fhj.2020-0233.
- Hart LM, Ferreira KB, Ambwani S, Gibson EB, & Austin SB. Developing expert consensus on how to address weight stigma in public health research and practice: A Delphi study. *Stigma and Health*. 2021; 6(1):79–89.
- Hashim MJ. Patient-centered communication: Basic Skills. *Am Family Physician*. 2017;95(1):29-34.
- Kushner RF. Roadmaps for Clinical Practice: Case Studies in Disease Prevention and Health Promotion—Assessment and Management of Adult Obesity: A Primer for Physicians. Booklet 9: Setting up the Office Environment. Chicago, Ill: American Medical Association; 2003.

# Video: Improving Care for Patients with High Body Weight

Lippa NC, Sanderson SC. Impact of information about obesity genomics on the stigmatization of overweight individuals: an experimental study. *Obesity*. 2012;20(12):2367-76.

Marcelin JR, Siraj DS, Victor R, Kotadia S, Maldonado YA. The Impact of Unconscious Bias in Healthcare: How to Recognize and Mitigate It. *J Infect Dis*. 2019 Aug 20;220(220 Suppl 2):S62-S73. doi: 10.1093/infdis/jiz214.

Mason P, Butler CC. *Health behaviour change: A guide for practitioners*. 2nd ed. London, UK. Churchill Livingstone; 2010.

Meadows A, Daniélsdóttir S. What's in a word? On weight stigma and terminology. *Front Psychol*. 2016 Oct 5;7:1527. doi: 10.3389/fpsyg.2016.01527.

Miller W, Rollnick S. *Motivational interviewing: Helping People Change*. 3rd ed. New York, NY: Guilford Press; 2013.

Nadolsky K, Addison B, Agarwal M, Almandoz JP, Bird MD, DeGeeter Chaplin M, Garvey WT, Kyle TK. American Association of Clinical Endocrinology Consensus Statement: Addressing Stigma and Bias in the Diagnosis and Management of Patients with Obesity/Adiposity-Based Chronic Disease and Assessing Bias and Stigmatization as Determinants of Disease Severity. *Endocr Pract*. 2023 Jun;29(6):417-427. doi: 10.1016/j.eprac.2023.03.272.

National Center for Cultural Competence. Six interventions to tackle unconscious or implicit bias. Accessed 20 July 2023. <https://nccc.georgetown.edu/bias/module-4/2.php>

O'Brien KS, Puhl RM, Latner JD, Azeem SM, Hunter JA. Reducing anti-fat prejudice in preservice health students: A randomized trial. *Obesity*. 2010;18(11):2138-44.

Pearl RL, Lebowitz MS. Beyond personal responsibility: Effects of causal attributions for overweight and obesity on weight-related beliefs, stigma, and policy support. *Psychol Health*. 2014; 23:1-29.

Persky S, Eccleston CP. Impact of genetic causal information on medical students' clinical encounters with an obese virtual patient: Health promotion and social stigma. *Ann Behav Med*. 2011;41:363-72.

Pollak KI. Physician communication techniques and weight loss in adults. *Am J Prev Med*. 2010;39(4):321; 321-328; 328.

Pollak KI, Alexander SC, Tulsy JA, Lyna P, Coffman CJ, Dolor RJ, Gulbrandsen P, Ostbye T. Physician empathy and listening: associations with patient satisfaction and autonomy. *J Am Board Fam Med*. 2011 Nov-Dec;24(6):665-72. doi: 10.3122/jabfm.2011.06.110025.

Prochaska JO, DiClemente CC, Norcross JC. In search of how people change. Applications to addictive behaviors. *Am Psychol*. 1992;47(9):1102-1114. doi: 10.1037//0003-066x.47.9.1102

Project Implicit. About the IAT. Accessed 25 July 2023. <https://implicit.harvard.edu/implicit/iatdetails.html>

Project Implicit. Take a test. Accessed 25 July 2023. <https://implicit.harvard.edu/implicit/selectatest.html>

Puhl RM. Weight stigma and barriers to effective obesity care. *Gastroenterol Clin North Am*. 2023 Jun;52(2):417-428. doi: 10.1016/j.gtc.2023.02.002.

Puhl RM. What words should we use to talk about weight? A systematic review of quantitative and qualitative studies examining preferences for weight-related terminology. *Obes Rev*. 2020 Jun;21(6):e13008. doi: 10.1111/obr.13008.

# Video: Improving Care for Patients with High Body Weight

Rosengren DB. Building motivational interviewing skills: A practitioner workbook. 2<sup>nd</sup> Ed. 2018. The Guilford Press, New York.

Rubino F, Puhl RM, Cummings DE, Eckel RH, Ryan DH, Mechanick JI, Nadglowski J, Ramos Salas X, Schauer PR, Twenefour D, Apovian CM, Aronne LJ, Batterham RL, Berthoud HR, Boza C, Busetto L, Dicker D, De Groot M, Eisenberg D, Flint SW, Huang TT, Kaplan LM, Kirwan JP, Korner J, Kyle TK, Laferrère B, le Roux CW, McIver L, Mingrone G, Nece P, Reid TJ, Rogers AM, Rosenbaum M, Seeley RJ, Torres AJ, Dixon JB. Joint international consensus statement for ending stigma of obesity. *Nat Med*. 2020 Apr;26(4):485-497. doi: 10.1038/s41591-020-0803-x.

Stewart E, Fox C. Encouraging Patients to Change Unhealthy Behaviors With Motivational Interviewing - Family Practice Management. *AAFP*. 2011. Accessed July 20, 2014. <http://www.aafp.org/fpm/2011/0500/p21.html>

Stop Obesity Alliance. Why weight? A guide to discussing obesity and health with your patients. Accessed 25 July 2023. <https://stop.publichealth.gwu.edu/sites/g/files/zaxdzs4356/files/2022-05/why-weight-guide-stop-provider-discussion-tool.pdf>

Stop Obesity Alliance. Weight can't wait: Guide for the management of obesity in the primary care setting. 2020. Accessed 25 July 2023. <https://stop.publichealth.gwu.edu/weight-cant-wait>

Tylka TL, Annunziato RA, Burgard D, Daniélsdóttir S, Shuman E, Davis C, Calogero RM. The weight-inclusive versus weight-normative approach to health: evaluating the evidence for prioritizing well-being over weight loss. *J Obes*. 2014;2014:983495. doi: 10.1155/2014/983495.

UCLA Center for Human Nutrition. Motivational Interviewing Algorithm. [http://www.cellinteractive.com/ucla/physician\\_ed/scripts\\_for\\_change.html](http://www.cellinteractive.com/ucla/physician_ed/scripts_for_change.html)

UConn Rudd Center. Weight bias in clinical care. Accessed 27 July 2023. <https://uconnruddcenter.org/wp-content/uploads/sites/2909/2020/07/CME-Complete-with-links.pdf>

UConn Rudd Center. Creating a comfortable and welcoming office environment for patients with high body weight. Accessed 27 July 2023. <https://uconnruddcenter.org/wp-content/uploads/sites/2909/2020/07/Creating-a-Comfortable-and-Welcoming-Office-Environment-1-1.pdf>

White ND, Bautista V, Lenz T, Cosimano A. Using the SMART-EST Goals in Lifestyle Medicine Prescription. *Am J Lifestyle Med*. 2020 Feb 17;14(3):271-273. doi: 10.1177/1559827620905775.

[Supportive Obesity Care Website](#)

© 2023 UConn Rudd Center. All rights reserved  
© 2023 Lilly USA, LLC. All rights reserved

