



Size-Inclusive Care: Better Healthcare for All Bodies

Speakers/Panelists

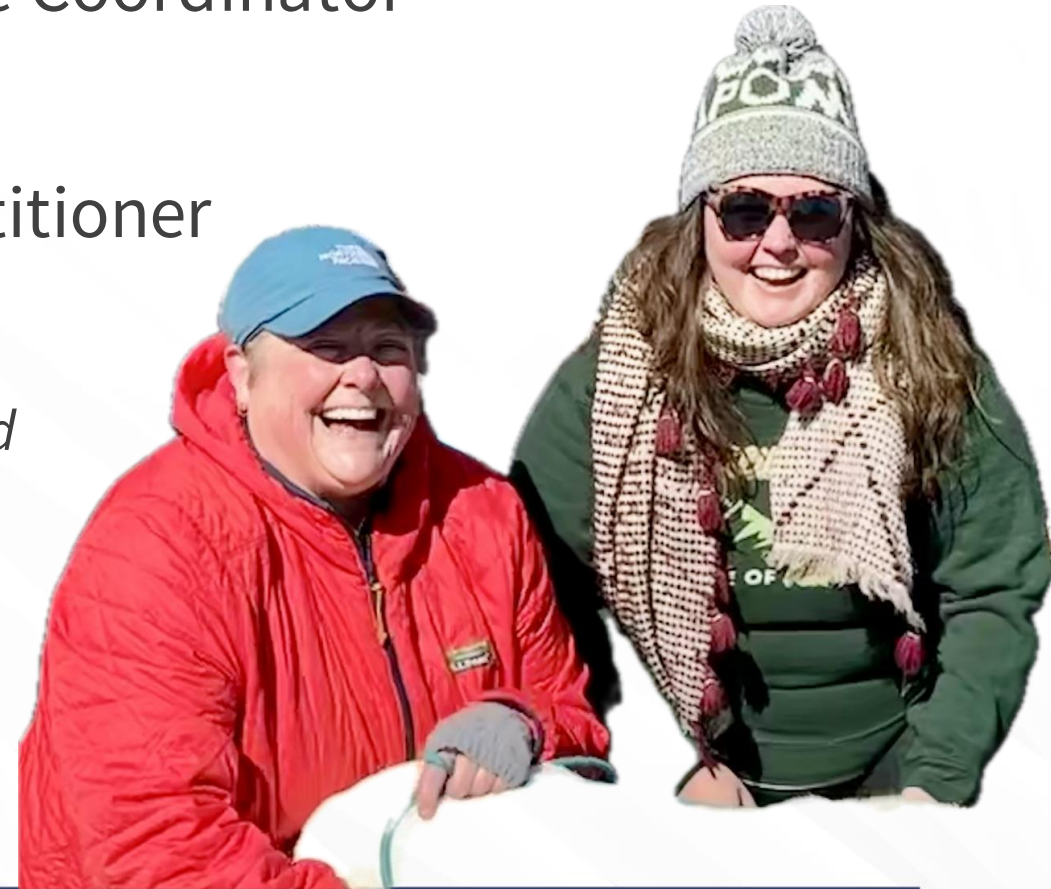
Annie Schwartz MS RDN LDN

Clinical Nutritionist and Size Inclusive Care Coordinator

Kimberly Loring PMHNP-BC

Child & Adolescent Psychiatric Nurse Practitioner
at Berkshire Pediatrics

Annie and Kim are Health at Every Size® (HAES®) aligned providers deeply passionate about helping folks create positive relationships with food and their bodies that support their mental, emotional and physical health.



So, what is Weight Stigma?

How Weight Stigma Shows Up in Healthcare: Share Your Experience!



■ When health care providers...

- make assumptions about a person's lifestyle or eating habits
- focus solely on weight loss as a remedy, neglecting other relevant health interventions
- ignore or attribute symptoms to weight without thoroughly investigating other potential medical causes

■ When healthcare offices ...

- don't have medical equipment that is comfortable or not designed to accommodate individuals of all sizes
- don't have seating that is comfortable for individuals of all sizes

Does Any of This Sound Familiar to You? Share Your Experience!

I've avoided medical care because of my weight/body type

I am sick of being told to lose weight and exercise

I am not honest with my health care provider due to fear of being judged

I get anxious or stressed thinking of getting on the scale at the doctor's office

I don't know the status of my general health because I've avoided care

How Does Weight Stigma Impact Health?

It increases our stress response, which impacts our:

- **Mental Health:** Elevated stress influences mental well-being.
- **Heart Health:** The heightened stress response affects cardiovascular health.
- **Metabolic Health:** The increased stress can increase insulin resistance, resulting in changes to how our body metabolizes sugar
- **Physical Health:** via impacting our food and movement choices

(Sutin & Terracciano 2013, Jackson & Steptoe 2017, Vadiveloo & Mattei 2017, Himmelstein et al. 2015, Pearl et al., 2015)

What is CHP Doing About Weight Stigma in Healthcare?

Established Committee

Training & Education for Staff

Universal Consent to Weigh

Launch of Size Inclusive Care Track

Launch of 'Health at Every Size' Group

Size-Inclusive Care...

- **Recognizes** and **respects** the diversity of body sizes.
- Prioritizes **equitable**, **compassionate**, and **evidence-based care** for all individuals *regardless of body weight or size*.
- **De-emphasizes weight** while creating an **inclusive** and **supportive healthcare environment**.



Benefits of Size-Inclusive Care:

Holistic
Approach to
Health

Enhanced
Health
Outcomes

Sustainable
Behavior
Change

Positive
Impact on
Mental Health

A Holistic Approach to Health

What diet culture says determines health outcomes:

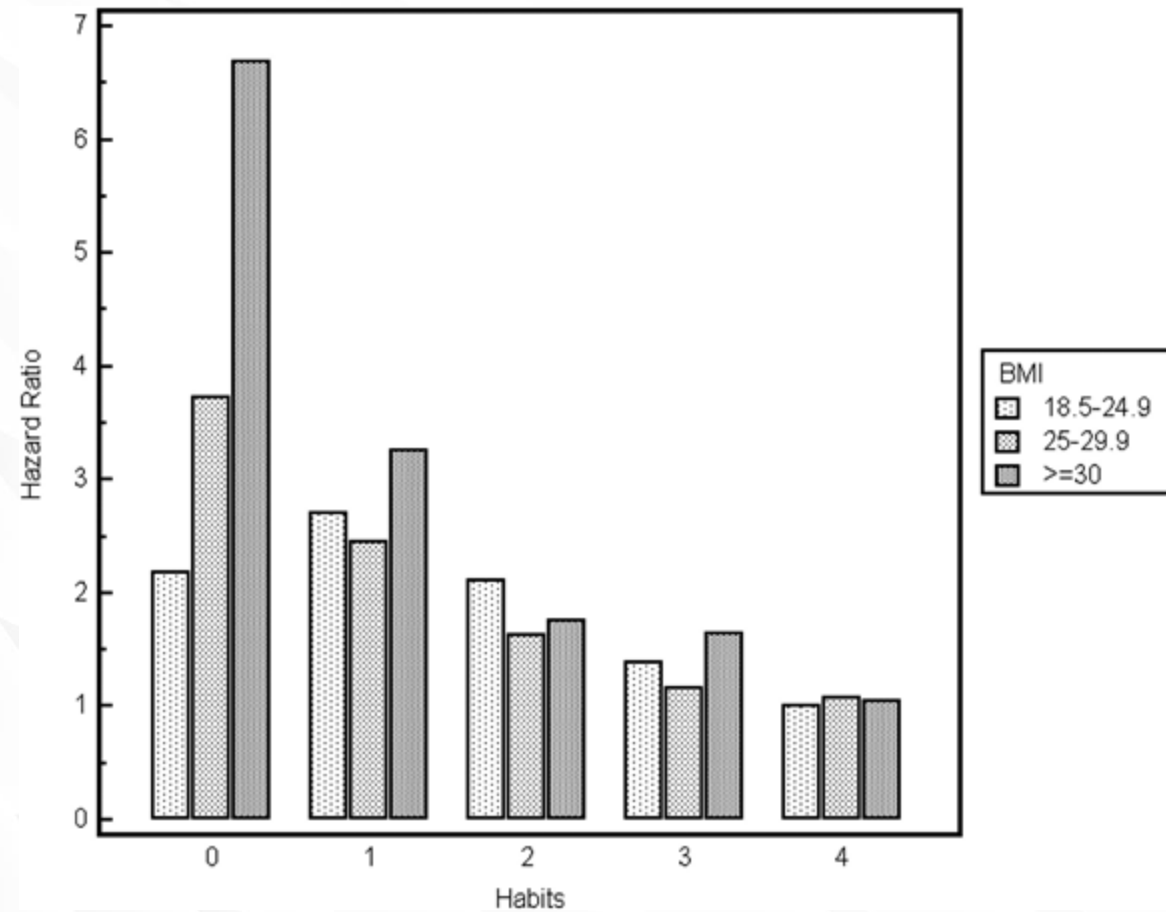


What actually determines health outcomes:



@leahkern.rd

Healthy Behaviors: The Bigger Picture



Positive Impact on Mental Health

Size-inclusive care supports mental health by promoting **body acceptance, self-compassion** and **positive body image.**

This approach reduces the psychological distress associated with weight-centric care and contributes to improved mental well-being.

**How will my health care visit be different
if I opt into Size-Inclusive Care at CHP?**

Where is Size-Inclusive Care at CHP?

- Double opt-in track (CHP patients and providers):
 - **Primary Care**
 - **Mental Health**
 - **Nutrition**
 - **OB-GYN**
- Group Support:
 - **Health at Every Size, How to Be Your Body's Best Advocate**
 - Wednesdays from 5-6pm via Zoom
 - Join us for our open house on 3/6 - email sizeinclusivecare@chpberkshires.org to register!

What if I don't have a Size-Inclusive provider? How do I advocate for myself in Medical Settings and Appointments?

Share Your Ideas...



You can:

- Ask not to be weighed unless medically necessary
- Ask that weight loss not be prescribed as a health intervention
- For more, check out Ragen Chastain's website:

weightandhealthcare.substack.com



'don't weigh me cards' from more-love.org

Questions?

- **Check out our webpage for more information:** chpberkshires.org/size-inclusive-care
- **Interested in receiving Size Inclusive Care at CHP?**
 - Contact Annie Schwartz, Size Inclusive Care Coordinator at aschwartz@chpberkshires.org