

## Addressing Weight Bias

If doctors, nurses, or other health providers treat you or your child inappropriately because of his or her weight, what should you do? Depending on the situation, there are several options for you to consider below:

- 1 **Contact the Patient Advocate** at your health care center, with the following information ready:
  - Nature of your complaint (e.g., description of the actions or comments)
  - Names of people involved
  - Medical department where the incident happened
  - Date of the incident
  - Your suggestions for resolving the situation
  
- 2 **Talk to friends or family** if you don't feel comfortable with a patient advocate. Speaking with a caring and trustful person can help you cope with and move on from the situation.
  
- 3 **Directly approach your provider** to say that his or her comments or actions were hurtful for you and your child.
  - To be sure you are expressing yourself clearly, you may want to first write down the events that happened and your feelings or concerns.
  - Consider asking for ways to prevent similar occurrences from happening again
  
- 4 **Consider other forms of support** available to you and your child including psychologists, social workers, or support groups for kids with overweight and parents with similar experiences.

### ***Examples of Weight Bias***

- ✓ *Comments that are derogatory or blame parents or a child for overweight*
- ✓ *Inappropriate terminology to describe weight such as "fat" or "chubby"*
- ✓ *Negative, stereotypical attitudes such as assuming you or your child is lazy or noncompliant with medical recommendations*
- ✓ *Unfair actions due to your child's weight such as spending less time in your appointment or refusing to provide certain medical services*

