



Assess the Office^{1,2}

An office environment that is accessible and equipped to accommodate children of diverse body sizes is helpful for easing anxieties about weight and making patients feel welcome, regardless of their body size. The following checklist can be used to assess whether your medical office setting meets the needs of patients of diverse body sizes.

In the Exam Room

- Sturdy stool or step with handle for exam table access
- Sturdy, wide examination tables, bolted to the floor
- Extra-large size gowns
- Large and extra-large adult and thigh blood pressure cuffs
- Long vaginal specula and phlebotomy needles
- Split lavatory seat and a specimen collector with a handle
- Cloth or metal tape measure for waist circumference

In the Waiting Room

- Sturdy, armless chairs and high, firm sofas
- Weight-sensitive artwork, posters, and magazines
- Reading materials that provide tips on healthy living, nutrition, and physical activity
- Receptionists to provide information about the medical office practice or hospital department and educational written material
- Doors and hallways able to accommodate large size wheelchairs, walkers, scooters
- Bathrooms with properly mounted grab bars and floor-mounted toilets

Scale

- Wide based scale that can measure more than 400 pounds
- Meets established accuracy requirements
- Accessible for patients with disabilities
- Situated in a physical location that offers privacy and confidentiality
- Wide platform with handles for support during weighing

¹Suggestions from: *Adult Obesity – Time for Commitment to Action: A Resource from the American College of Preventive Medicine* (2009). <https://c.ymcdn.com/sites/www.acpm.org/resource/resmgr/timetools-files/adultobesityclinicalreferenc.pdf>

²Suggestions from: *Kushner RF. Roadmaps for Clinical Practice: Case Studies in Disease Prevention and Health Promotion – Assessment and Management of Adult Obesity: A Primer for Physicians. Chicago, Ill: American Medical Association; 2003.* <http://www.ama-assn.org/ama1/pub/upload/mm/433/booklet8.pdf>

