



Removing Bias

Tips for an Inclusive, Stigma-Free Medical Office

Words Matter The Physical Environment Matters



Ensure all staff use patient-first language when speaking and writing

"She is a 44-year-old female with obesity"
NOT "She is a 44-year-old obese female"



Have appropriate-sized furniture and equipment readily available

Don't let patients witness you or your staff searching around for "the big blood pressure cuff"



Choose appropriate reading materials

Make sure magazines/posters contain words and pictures that don't reinforce stigma



Respect patient privacy

Weigh patients in private settings and don't announce weight for everyone to hear

Want to dive a bit deeper?

Scan the QR code

or visit us at <https://heartlandweightloss.com/reducing-weight-stigma-in-healthcare/>

