

The Importance of Patient-Reported Outcomes for People Living with Obesity

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Disclosures

- **Professional fees**
 - Boehringer Ingelheim
 - Gelesis
 - Johnson & Johnson
 - Emerald Lake Safety
 - Novo Nordisk
 - Nutrisystem
 - Ro
- **Personal biases that favor:**
 - Evidence-based interventions, both prevention and treatment
 - Respect for people living with obesity
 - Critical thinking about all evidence

Though Explicit Bias Is Down, Implicit Bias Is Growing

Dimension	Explicit Bias Trend 2007-2016	Implicit Bias Trend 2007-2016
Sexuality	↓	↓
Race	↓	↓
Skin Tone	↓	↓
Age	↓	↔
Disability	↓	↔
Weight	↓	↑

Source: Charlesworth & Banaji, 2019, *Psychological Science*

Different Outcomes Matter to Different People

Tweet



Sarah Bramblette, MSHL
@Born2lbFat

When moving more and eating regularly (whatever that means) doesn't work I needed medication to reach my health goals. My body is healthier at a lower weight than what I was. My lymphedema is better managed, I went 7 months w/o cellulitis vs 3 months.

10:26 AM · Apr 25, 2023 · 781 Views



Source: more-love.org

Diverse Perspectives About Obesity

- Fat acceptance

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Why I'm Trading Body Positivity for Fat Acceptance



Photograph © Obesity Action Coalition / OAC Image Gallery

Diverse Perspectives About Obesity

- Fat acceptance
- Health at Every Size®



Fencing at FNCE: HAES and Weight Management

Yesterday [at FNCE](#), dietitians witnessed an event with a split personality. Was it a debate? Or was it a conversation? The title said it was both – a debate and a conversation on weight management and Health at Every Size®. (People in the HAES movement want you to know, that's their trademark.)

Diverse Perspectives About Obesity

- Fat acceptance
- Health at Every Size®
- Self stigma

"I've struggled my entire life trying to manage my weight, and I suck at it."



Photograph Andy Thornley / Wikimedia Commons

Diverse Perspectives About Obesity

- Fat acceptance
- Health at Every Size®
- Self stigma
- **Disordered eating**



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How Fatphobia Prevented Me from Getting Help for My Eating Disorder

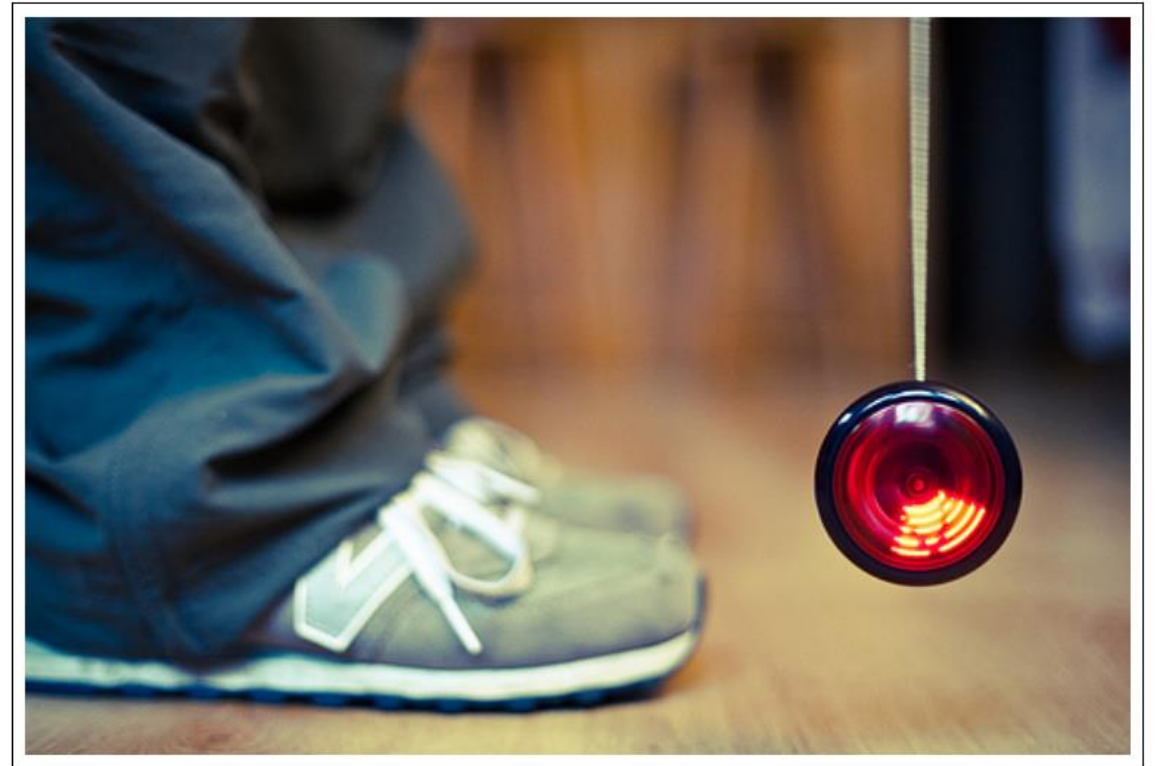


Medically reviewed by [Timothy J. Legg, Ph.D., CRNP](#)

Weight discrimination within the medical community can mean those who have an eating disorder but who aren't underweight can find it difficult to...

Diverse Perspectives About Obesity

- Fat acceptance
- Health at Every Size®
- Self stigma
- Disordered eating
- **Cycles of weight loss and gain**



Yo-Yo Dieting: A Seductive Mix of Myth and Reality

Diverse Perspectives About Obesity

- Fat acceptance
- Health at Every Size®
- Self stigma
- Disordered eating
- Cycles of weight loss and gain
- **Informed and engaged**



Photograph © Obesity Action Coalition / OAC Image Gallery

Fear and Dread Campaigns Are Unhelpful



Catastrophizing Obesity Causes Problems

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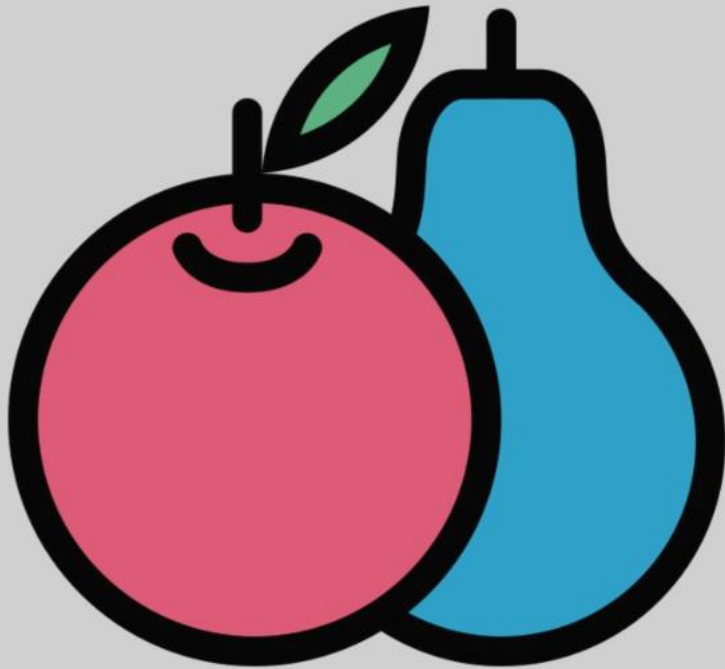
Everything You Know About Obesity Is Wrong

For decades, the medical community has ignored mountains of evidence to wage a cruel and futile war on fat people, poisoning public perception and ruining millions of lives.

Weight Inclusive Health Trends

Maintenance Phase

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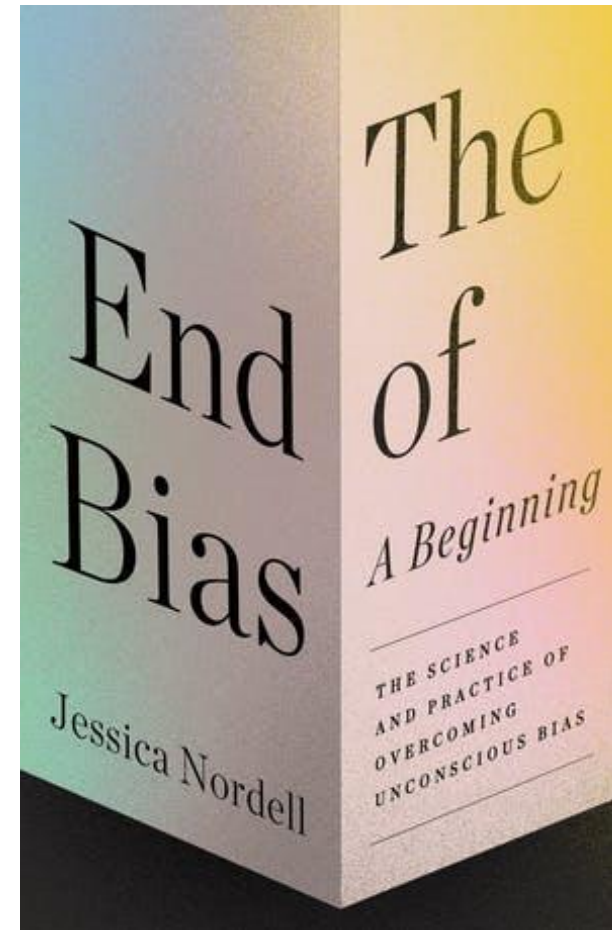


Wellness and weight loss,
debunked and decoded.

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[Spotify](#).

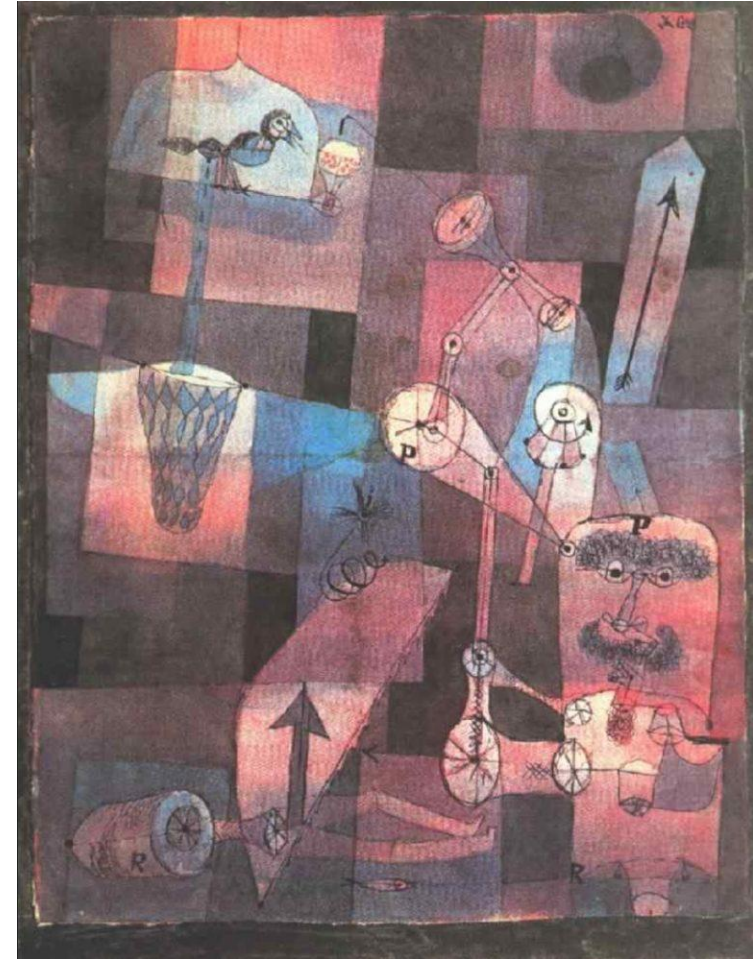
Listening Is Essential for Overcoming Bias and Stigma

- Examine your implicit biases
- Listen first to people living with obesity
- Practice the five A's, asking first
- Meet patients where they are
- Make shared decisions a priority



Patient Reported Outcomes Are Essential in Obesity Care Because:

- Obesity is heterogeneous
- People bring diverse experiences & needs
- Success requires shared decision making
- One-size-fits-all is a prescription for failure



Analysis of Diverse Perversities, painting by Paul Klee

More Information



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