

# SPEAKING WITH PATIENTS ABOUT OBESITY AND NUTRITION

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# PRESENTATION AGENDA

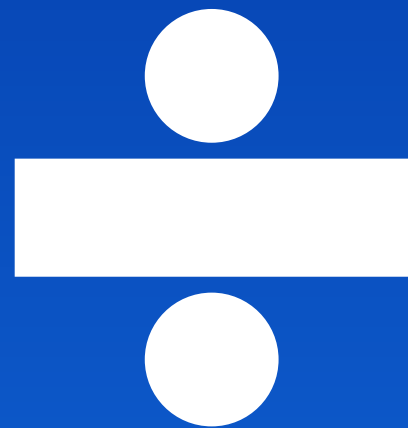
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- **Prevalence and Complications**
- **The Impact of Weight Stigma**
- **Clinical Applications for Preventing Bias**
- **Resources for Future Providers**



# BMI BASICS

Weight (lbs)



Height (inches<sup>2</sup>)



**<18.5 = underweight**

1.6%

**18.5-24.9 = healthy weight**

24.8%

**25.0-29.9 = overweight**

31.7%

**>30 = obese**

41.9%

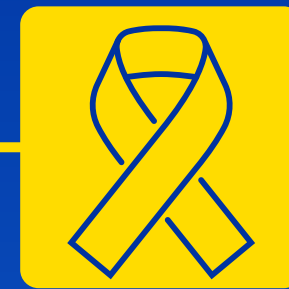
# COMPLICATIONS



Heart disease



Diabetes



Certain cancers



170 billion in  
annual healthcare  
costs

7 out of the 10 leading causes of death in the US  
are related to diet.



# FACTORS IMPACTING OBESITY

**Socioeconomic Status**

**Race or Ethnicity**

**Family or Social Support**



**Family History**

**Food Access**

**Health Literacy**

# WEIGHT STIGMA



**Weight stigma refers to the belief that all persons with obesity lack willpower, that they are lazy or weak, or that their weight is responsible for all of their health issues.**



**Social stigma is associated with physical and mental health problems including depression, anxiety, and increased cardiometabolic risks.**



**The WHO has recognized weight stigma among healthcare providers as a serious public health concern leading to misdiagnosis and avoidance of treatment.**





# CLINICAL APPLICATIONS



## **Person First Language**

Say "a patient with obesity" vs "an obese patient"



## **Nutrition Forward Conversations**

Encourage eating a diet full of fruits, vegetables and lean protein regardless of weight loss, but not necessarily a strict "diet"



## **Clinical Goals vs Weight Goals**

Speak about improving a specific clinical measure as the primary goal of making healthy choices



## **Focus on the Big Picture with Small Changes**

Always begin with small, achievable goals such as reducing soda to 3 times per week or adding vegetables to every dinner

# MOTIVATIONAL INTERVIEWING



What nutrition-related goals do you have?



What simple changes can you make?



What are your anticipated challenges?



What has or has not worked for you in the past?

Motivational interviewing (MI) is a person-centered strategy used to elicit patient motivation to change a specific negative behavior. MI engages patients, elicits change talk and evokes internal motivation to make positive changes.





# RESOURCES FOR PROVIDERS

1. 17 Motivational Interviewing Questions and Skills. (2019) Positive Psychology. <https://positivepsychology.com/motivational-interviewing>
2. American Association of Physician Assistants. Nutrition Toolkit. <https://www.aapa.org/cme-central/national-health-priorities/nutrition-toolkit/#tabs-3-patient-education-resources>
3. Howes, E. M., Harden, S. M., Cox, H. K., & Hedrick, V. E. (2021) Communicating about weight in dietetics practice: Recommendations for reeducation of weight bias and stigma. *Journal of the Academy of Nutrition and Dietetics*, 121(9), 1669-1673.
4. Overweight and Obesity. (2022) Centers for Disease Control and Prevention. <https://www.cdc.gov/obesity/index.html>
5. Time to end weight stigma in healthcare. (2021) *The Lancet*. [https://www.thelancet.com/journals/eclinm/article/PIIS2589-5370\(21\)00090-0/fulltext](https://www.thelancet.com/journals/eclinm/article/PIIS2589-5370(21)00090-0/fulltext)
6. Reducing Stigma When Talking to Patients About Weight. Uconn Rudd Center for Food Policy and Obesity. <https://uconnruddcenter.org/wp-content/uploads/sites/2909/2020/11/Reducing-Stigma-Talking-to-Patients.pdf>



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**THANK  
YOU!**

