THE DEI SHIFT

DIVERSITY. EQUITY. INCLUSION.

Advancing Medicine, One Story at a Time

The DEI Shift Obesity Mini-Series, Episode 1:
Defining Obesity, Challenging Weight Bias
Show Notes
Course Director and Senior Producer: Dr. Maggie Kozman
Co-Hosts: Dr. Brittäne Parker and Sanika Walimbe
Guest: Dr. Fatima Cody Stanford
Production Assistant: Lynn Nguyen

Learning Objectives:
1. Define obesity.
2. Summarize concerns about the origin and use of BMI, and the need for modified utilization in some patient groups.
3. Describe why people-first language surrounding obesity is important.
4. Explain how bias, whether explicit or implicit, leads to health disparities between patients with and without obesity.

[0:00-1:23] Introduction
- Introduction to co-hosts and episode

[1:23-3:23] Introduction to Guest
– [Dr. Fatima Cody Stanford](#), an obesity medicine physician-scientist, educator, and policymaker
– [ACP 2021 Obesity Management Learning Series](#), created by a committee chaired by Dr. Stanford

[3:23-5:23] Dr. Stanford Defines Obesity
– The BMI is the most widely used, albeit imperfect, metric used to identify adult patients at risk for obesity.
– While BMI uses height and weight, it does not provide us with the characteristic of that weight.

[5:23-9:15] History and Flaws of the BMI
– Articles/media about the BMI's history:
[The Bizarre and Racist History of the BMI](#)
[Adolphe Quetelet and the Evolution of Body Mass Index (BMI)](#)
[The Racial Origins of Fat Phobia : Short Wave](#)
– Originally only meant as a population-level standard based on Caucasian European men
– Dr. Stanford co-authored [a Letter to the Editor](#) in the Mayo Clinic Proceedings Journal (2019) discussing BMI thresholds based on sex and race/ethnicity.
– Weight curves and standards vary based on race and sex (there are variations in metabolic response to excess weight).

[9:15-16:41] Weight-Based Biases and Stigma
- Healthcare providers often have biases against patients with obesity

[9:15-16:41] Weight-Based Biases and Stigma
- – Healthcare providers often have biases against patients with obesity.
- – Providers' implicit weight bias negatively impacts patients' quality of care:
    Obesity Stigma and Bias
    Impact of weight bias and stigma on quality of care and outcomes for patients with obesity
- – The importance of using person-first language: "patients with obesity" instead of "obese patients", "severe obesity" instead of "morbid obesity"

AMA Policy on Person-First Language for Obesity (2017)
- – Harmful non-verbal/verbal communication and clinic/hospital infrastructure can cause patients with obesity to feel unwelcome in healthcare spaces.
- – More information on best practices when discussing weight can be found in Module 1 of the ACP obesity management curriculum.

[16:41-21:29] Tailoring Clinical Spaces to Patients with Obesity
- – Wider doors to accommodate patients with excess weight and any assistive devices they need
- – Clinic chairs without arms or benches
- – Medical equipment such as blood pressure cuffs and measuring tapes that accommodate patients of all sizes
- – Addressing negative self-talk during clinic visits

[21:29-25:47] Resources to Mitigate Bias
- – Harvard Implicit Association Test (Weight)
- – Psychologist Patricia Devine's steps for fighting implicit race bias
- – 2020 Psychology, Health and Medicine article discussing the positive effects of counterstereotypic exposure in the context of obesity
- – Dr. Stanford's recommendations:
    - – Dr. Rebecca Puhl and the UConn Rudd Center for Food Policy and Obesity provide excellent tools and research for clinicians to use.
    - – Obesity Action Coalition acts as a support center for patients with obesity.

[25:47- 28:14] Dr. Stanford's Final Words
- – Refer to resources for education on treatment of patients with obesity. The ACP Obesity Management Learning Series is one such resource among many others.
- – We should all continue to seek knowledge on the treatment of obesity in order to be the best source of information for our patients.

[28:14-29:51] Closing
- – Website: www.thedeishift.com
- – Twitter/Instagram: @TheDEIShift
- – Theme Music: www.chrisdingman.com

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