

The DEI Shift Obesity Mini-Series, Episode 2: Weight and Cultural Considerations

Show Notes

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Co-Hosts: Dr. Pooja Jaeel and Likitha Aradhyula

Guests: Dr. Shreela Sharma and Ms. LaToshia Rouse

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Learning Objectives:

- Give an example of how one's culture can shape one's perceptions of weight.
- List 3 potential questions that can be used to humbly and sensitively elicit a patient's individual and cultural perceptions of weight and their particular weight goals.
- Compare and contrast certain cultural groups' variable receptivity to different obesity interventions.
- Evaluate how adverse childhood experiences (ACEs) and social determinants of health can lead to obesity.
- Describe some positive steps being taken by healthcare systems to address social determinants and improve their patients' ability to live healthy lives.

[00:00-01:11] Introduction

- Introduction to co-hosts and episode

[01:11-01:54] Introduction to Guests

- Dr. Shreela Sharma, an epidemiologist and a dietician, who does work in food insecurity, obesity prevention, and health disparities research
- Ms. LaToshia Rouse, a patient representative in numerous capacities, especially when it comes to maternal and infant health and patient engagement

[01:54-06:41] Cultural Perceptions of Weight

- Honor and celebrate the cultural nuances and perceptions regarding weight instead of viewing them as barriers.
- Dieticians and healthcare providers need to ask better questions to work within the patients' cultural nuances to help them on their journey.
- Flavor, taste, and culture are important mediators of behavior change.
- Traditional foods are healthier than westernized diets.

[06:41-09:39] Conversations with Patients

- Providers need to talk and really listen to patients in order to understand their familial and cultural backgrounds and perceptions of weight before recommending interventions.
- This conversation should not just be a one-time thing, but an ongoing process.

[09:39-12:40] Culturally Sensitive Questions for Understanding a Patient's Views on Weight

- Focus on being healthy, not on becoming a certain universal size.
- Ask about the patient's goals, their ideal size, etc.
- Talk about the patient's access to food and cooking appliances, and about their food environment.

[12:40-16:02] Variable Receptivity Amongst Distinct Social Groups to Different Interventions

- Food is a need, not a want.
- Food insecurity, disordered eating patterns, and spending trade-offs affect distinct cultural groups to varying degrees and, therefore, impact those groups' receptivity to different treatments.
- [ISMAART framework](#) for setting lifestyle modification goals with patients
- Sex and racial differences are present in patients' reported [quality of life relative to BMI](#) and

- [receptivity to bariatric surgery](#).
- Gender and racial differences are dissipated when [adjusted for socioeconomic factors](#).

[16:02-20:13] Research on the Effects of Social Determinants of Health

- Food insecurity and food deserts, a history of trauma, and living in a neighborhood with high violence or crime affect a patient with obesity's ability to achieve a healthy weight
- [ACEs study](#) showed that adverse childhood experiences increase the likelihood of [developing obesity](#).
- An early lifecycle approach to obesity prevention can break the cycle of obesity in families. [Next steps in obesity prevention: altering early life systems to support healthy parents, infants, and toddlers](#) by Dr. Phillip Nader, et al.

[20:13-23:00] Challenges that Patients and their Families May Face with Healthy Eating

- Money factors into a patient's idea of healthy eating.
- Unhealthy, processed junk food and fast food are convenient, are cheap, and taste good.
- Healthcare providers and patients need to share information specific to each patient's situation

[22:36-26:29] Advocating For and Working Towards Health Equity

- Healthcare systems and providers implementing food prescription programs in partnership with food banks and grocery stores
- Providers advocating for patients inside and outside of the clinical setting
- Providers thinking about these issues through a social justice and [equity lens](#), as described by Dr. Shiriki Kumanyika

[26:29-28:12] Closing

- Website: www.thedeishift.com
- Twitter/Instagram: @TheDEIShift
- Theme Music: www.chrisdingman.com

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