

# 7<sup>th</sup> Obesity & Endocrinology Specialists Congress

October 10-12, 2016 Manchester, UK



## *Deborah A Christel*

Washington State University, USA

### **Weight bias in health care: Optimizing care through personal assessment of obesity and weight biases**

To increase public awareness about weight bias, I proposed a workshop that provides conference attendees the opportunity to examine their own biases towards obese people. While significant research has been conducted about obesity, little has been done to address and stop bias. Weight bias is highly common in health care setting and studies have shown that health care professionals are among the most common source of bias. This includes physicians, nurses, psychologists, dietitians, medical students and other professionals who specialize in obesity. Weight bias in health care can cause serious harm. Studies demonstrate that patients with higher weights are more likely to avoid, cancel or delay important preventative appointments. Patients with obesity, state the avoidance results from disrespectful treatment and negative attitudes from providers, unsolicited advice to lose weight, embarrassment about being weighed and negative experiences with medical equipment that is too small for them. The workshop will include an introduction, self- assessment survey, personal reflection, a 17-minute video discussing weight bias, a second opportunity for reflection and concrete strategies to help combat the significant societal problem of weight bias.

### **Biography**

Deborah A Christel has completed her PhD in 2010 from Oregon State University and has studied new approaches of Reducing Weight Bias in many fields including retail, fashion design, marketing, law and medical settings. She is an Assistant Professor at Washington State University in the Department of Apparel Merchandising, Design and Textiles.

[deborah\\_christel@wsu.edu](mailto:deborah_christel@wsu.edu)

### **Notes:**