



Overweight and obesity management: Principles of care

2

Support me

- **Talk to me** in a sensitive, person-centred, developmentally appropriate and non-judgemental way.
- **Identify and explore** the terms I would prefer you to use.
- **Focus** on improvements in my health and wellbeing rather than simply talking about weight and obesity.
- **Stay positive**, supportive and solution based.
- **Take into account** my thoughts, views and cultural, religious or spiritual beliefs during our conversations.
- **Be mindful** of factors that apply to me that prevent or restrict weight loss (such as some medicines or comorbid conditions).
- **Ensure** my notes are up to date so other healthcare professionals know my views, what we have covered and agreed before, and why.

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Help me when we talk

- **Use** non-stigmatising language and images.
- **Ensure** anything you give me to read or watch is suitable and tailored to my particular needs, such as Easy Read literature.
- **Ensure** conversations and communications are appropriate for my age, maturity and level of understanding. For children and young people make sure information is accurate for age (for example, BMI centile).
- **Give me time** to understand and process the information I have been given.
- **Ask me** if I have any questions, and make it clear you are happy for me to ask them either now or later on.

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Respect me

- **Ask** my permission to discuss topics around overweight and obesity.
- **Respect** my choices, even if you do not agree with them.
- **Do not assume** all my symptoms are caused by my weight or obesity.
- **Explore** my decisions sensitively, or delay discussions to another time, if I do not wish to talk about any issue you have raised.

3

Know about my life

- **Think about** my family history and weight-related complications.
- **Be aware** of my weight history (and for children and young people, growth history), and previous experiences of related problems (such as eating disorders).
- **Take into account** my experiences of weight stigma, bullying and adverse experiences.
- **Think about** my family and personal context: daily life, ethnicity, culture, money worries, special needs and disabilities, mental health factors and stage in life.
- **Be aware** of my current medicine use and medical history.
- **Find out** if I am ready and able to engage with change. If not, how can you help me?
- **Talk about** how my friends and family can help (this is especially important for children and young people).

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Understand how I feel

- **Think about** whether it is appropriate or important to discuss weight or obesity, or take measurements right now.
- **Think about** the impact on my body image or self esteem of taking measurements or the way they are done.
- **Understand** my weight may have been raised many times before.
- **Understand** that I might be affected by an eating disorder at any weight, and I might be vulnerable to disordered eating.
- **Be aware** of your own feelings, sensitivities and bias about weight and obesity.

