

Talking to Your Doctor about Your Weight

Visiting your doctor can sometimes be difficult or uncomfortable when you're overweight. Discussing your concerns with your doctor can help him or her learn how to make your visits more comfortable and productive.

Please answer the following questions, and then give this sheet to your doctor at your next appointment.

How often would you like to be weighed when you visit the doctor?

1. At every appointment
2. Only when necessary
3. Only if I request it
4. Once a year

Would you prefer to stand on the scale facing backwards, to avoid seeing the number?

1. Yes
2. Sometimes – if I request it
3. No – I would like to see how much I weigh

Would you like your doctor to offer you information and advice about how to lose weight?

1. Yes
2. Only if I ask for this information
3. No

Would you like your provider to ask your permission before discussing your weight with you?

1. Yes
2. No

How would you like your providers to refer to your weight? Please circle all words that you feel comfortable with:

- | | |
|--|---------------|
| Body Mass Index (BMI) | Excess weight |
| Obesity | Fatness |
| Body weight | Weight issue |
| Weight problem | Extra weight |
| Other words you feel comfortable with: _____ | |

For more information on weight bias, please visit
www.YaleRuddCenter.org

