

Promoting Health & Equity:

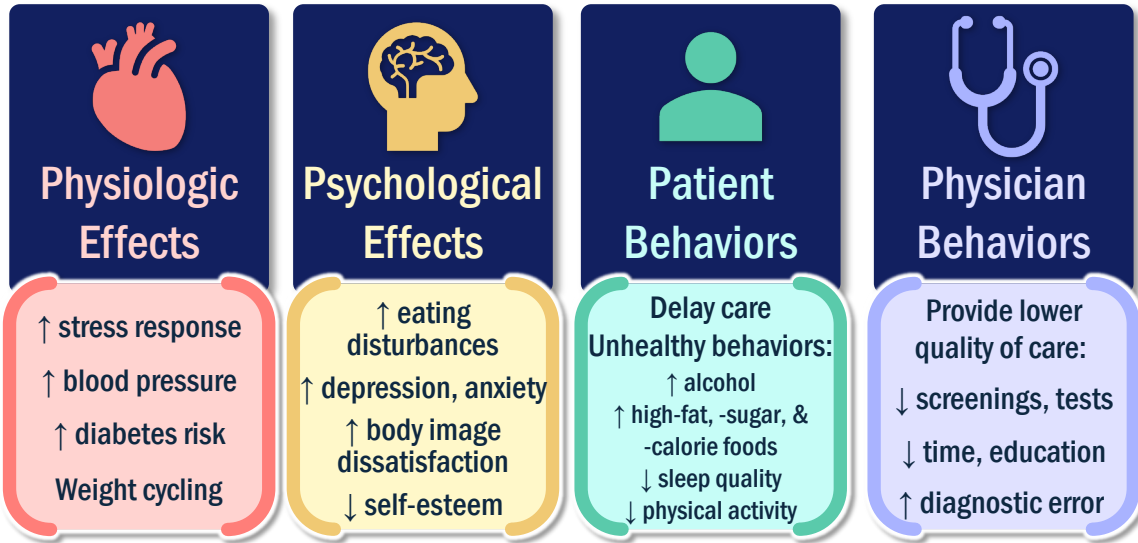
Mitigating weight bias in integrated curricula

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Harms of weight stigma:



Perpetuating weight stigma in medical education

Example of modeling weight-centric approach in a teaching case:

“You explain to [the patient] that you suspect her [symptoms] are all explained by polycystic ovarian syndrome (PCOS), which can be associated with a high BMI. After you explain what PCOS is,...you use motivational interviewing to help Ms. Cortez identify some lifestyle changes that she can make. She understands that weight loss of 5–10% can restore ovulatory cycles and improve pregnancy rates.”



Things to Consider

Where might issues exist in your curriculum?

What opportunities are there for change?

What are some potential challenges to making improvements?

Who are key stakeholders to engage?



Actions participants can take: Curricular areas to review

Case writing

Instructional sessions

Assessment

Clinical skills