### Teaching Guide

<table>
<thead>
<tr>
<th>Title of Teaching Resource</th>
<th>Dieting, a Piece of Cake? No Weigh: A brief perspective into sizeism and physiotherapy</th>
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| Author(s) and Their Positions | Diane Kim  
  ● Asian, cisgender heterosexual female, with a smaller body  
  Andrew Daly  
  ● White, cisgender heterosexual male  
  ● Previous experience with a bigger body  
  ● From low-income family |
| Learning Objective(s) | 1) To introduce sizeism and how physiotherapists and other clinicians can reproduce this harmful pattern when providing clinical guidance regarding weight management  
  2) To invite reflection on one’s negative biases related to body size and how these may unintentionally cause patients with bigger bodies to feel unsupported, inadequate or judged |
| Audience | ● Physiotherapy students, clinicians, researchers, and educators  
  ● Other patient-facing healthcare providers, students, researchers and educators whose work involves weight management (e.g., physicians, personal trainers, nutritionists, nurses, OT’s, psychologists) |
| How specifically the teaching resource is to be used | Comic strip to be presented to audience and then a guided facilitation/discussion to take place:  
  1) To gain a perspective on the stigmatization that patients with bigger bodies may face |
○ **Action Item:** Have audience take a moment to reflect how this comic strip makes them feel, what thoughts are provoked, and/or if there are any past patient or personal experiences that arise

○ **Why It Matters:** Perspective-taking exercises were shown to improve provider attitudes, alter perceived negative norms and stereotypes, and improve empathy towards stigmatized groups

2) **To reflect on one’s own implicit negative biases that they may be holding about people with bigger bodies**

○ **Action Item:** Have audience reflect whether they or someone they know has experienced stigma or negative judgement related to body size? Have they realized any negative biases they hold themselves?

○ **Why It Matters:** Primary care providers, trainees and other healthcare professionals have been shown to hold both explicit and implicitly negative opinions on people with ‘obesity’

○ **Weight stigma and stereotypical perceptions should be addressed through early education to help mitigate the stigma**

3) **To understand how practitioners may unintentionally be causing patients to feel unsupported/inadequate/judged**

○ **Action Item:** Have audience discuss how one’s own biases may impact patients and their care

○ **Why It Matters:**
  - Negative bias has been shown to impact both verbal and non-verbal communication in clinical interactions, negatively impacting patients’ adherence or future willingness to seek needed care, overall reducing the quality of patient-care
  - Patients who perceive weight stigma trust their healthcare provider less which can have a negative effect on health outcomes
  - A number of elements of the physiotherapy environment have been shown as making weight salient, including pre-existing ideas about physiotherapy as part of the health and fitness industry, health promotion material within a clinic environment, and body exposure during assessment and treatment
4) To become more aware of the many types of barriers to healthier eating, weight loss and management, and be motivated to seek further resources for themselves and patients regarding how to address these barriers

○ Action Items: Have audience reflect and discuss the following

i) How can you contribute to reducing stigma and creating a more inclusive environment related to weight loss when clinically indicated with patients who have bigger bodies?

ii) How diverse is your current knowledge/toolkit to be used to educate and support patients with weight loss/management?

iii) Where are some new areas you feel you could benefit from learning more about?

○ Why It Matters: Behavioral, psychological and cognitive factors have been identified as determinants of weight loss maintenance

References:


Lived Experiences

- We are thankful for the personal anecdotes shared with us from friends who are positioned on the other side of the coin
  - “Whenever I had to leave my morning spin class early to get to work on time, I felt like everyone was thinking ‘oh the bigger girl can’t finish the class.’”
  - “It feels so intimidating to go to the gym when no one else there looks like me, I feel like they’re going to judge me.”