

Dear Healthcare Provider:

During our appointment today, I would like to focus on _____

I have a history of chronic dieting and/or disordered eating, which I have been working to heal by practicing intuitive eating. This practice is evidence-based and has allowed me to invest in my health in a way that is compassionate, sensitive and empowering.

I find it most helpful to focus on health markers, rather than focusing on my weight. This could include bloodwork, sleep quality, imaging or stress management. Many scientific studies support that weight stigma may lead to weight cycling/weight gain, healthcare avoidance, and an exacerbation of undesired behaviours such as exercise avoidance and eating past fullness. Individuals who adapt health promoting behaviours such as enjoyable physical movement, pursuing an intuitive approach to eating, and adequate sleep, see improved health outcomes, and this may occur independent of body size or weight changes.

Please approach my care from a weight-inclusive lens by providing suggestions that do not focus on my weight. For example, offering options like physiotherapy, counselling, medications, and imaging are welcomed. It can be helpful to consider the recommendations you may offer to patients in smaller bodies that have similar concerns as the one I brought to you today. Thank you.

If any of these concepts are new to you and you would like to learn more about weight-inclusive care, please review these studies.

Emmer C, Bosnjak M, Mata J. The association between weight stigma and mental health: A meta-analysis. *Obes Rev.* 2020 Jan;21(1):e12935. doi: 10.1111/obr.12935. Epub 2019 Sep 10. PMID: 31507062.

Linardon J, Tylka TL, Fuller-Tyszkiewicz M. Intuitive eating and its psychological correlates: A meta-analysis. *Int J Eat Disord.* 2021 Mar 30. doi: 10.1002/eat.23509. Epub ahead of print. PMID: 33786858.

Pearl RL, Puhl RM. Weight bias internalization and health: a systematic review. *Obes Rev.* 2018 Aug;19(8):1141-1163. doi: 10.1111/obr.12701. Epub 2018 May 22. PMID: 29788533; PMCID: PMC6103811.

Ulian MD, Aburad L, da Silva Oliveira MS, Poppe ACM, Sabatini F, Perez I, Gualano B, Benatti FB, Pinto AJ, Roble OJ, Vessoni A, de Moraes Sato P, Unsain RF, Baeza Scagliusi F. Effects of health at every size® interventions on health-related outcomes of people with overweight and obesity: a systematic review. *Obes Rev.* 2018 Dec;19(12):1659-1666. doi: 10.1111/obr.12749. Epub 2018 Sep 27. PMID: 30261553.