



HEALTHCARE PROVIDERS

TALKING TO YOUR DOCTOR ABOUT YOUR WEIGHT



UConn
RUDD CENTER
FOR FOOD POLICY & OBESITY


Visiting your doctor can sometimes be difficult or uncomfortable when you have a high body weight. Discussing your concerns with your doctor can help him or her learn how to make your visits more comfortable and productive.

You may find it useful to answer the following questions, and then give this sheet to your doctor at your next appointment.

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

- a.) At every appointment
- b.) Only when necessary
- c.) Only if I request it
- d.) Once a year

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

- a.) Yes
 - b.) Sometimes - if I request it
 - c.) No - I would like to see how much I weigh
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3. Would you like your doctor to offer you information and advice about how to lose weight?

- a.) Yes
- b.) Only if I ask for this information
- c.) No

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

- a.) Yes
- b.) No

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

I do not want my provider to discuss my weight

Body Mass Index (BMI)

Body weight

Overweight

Weight status

Extra Weight

Obesity

Fatness

Other words you prefer: _____