

Weight and Eating Behaviors: A Non-Stigmatizing Approach



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Time: 1:00pm-2:00pm EST



Presenter

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In this webinar, we review the history of BMI as a metric and examine its connection to health outcomes. We discuss the impact of the focus on BMI and weight in healthcare. You learn how these measurements impact patient experience, weight stigma, and health inequities. You also learn strategies to assess and discuss weight and eating behaviors with a patient. The goal of these discussions is to shift attention from weight and appearance to nutrition and well-being.

By the end of this webinar, you will be able to:

- ✓ Understand the history of BMI as a measure of health
- ✓ Identify stigmatizing behaviors and interventions focused on weight
- ✓ Establish non-stigmatizing strategies to assess and discuss weight and eating behaviors

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