



***Removing Weight Stigma from Health Care: A Pocket Guide to Changing the Way We Care***

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**Credit:** One (1) Continuing Education Credit Awarded

**Posttest (For reference only. You must take and pass the test online for CE credit.)**

1. What is Health at Every Size<sup>®</sup>?
  - a. A non-weight focused health promotion to support improved health behaviors for people of any size
  - b. A more compassionate approach for weight loss interventions
  - c. A philosophy that says people should eat whatever they want whenever they want
  - d. A philosophy that supports that all people of all sizes are healthy
  
2. Which of the following are linked to weight centric health care?
  - a. Long term weight loss success
  - b. Weight cycling
  - c. Decreased mortality
  - d. Better body image
  
3. What is NOT an intervention discussed that reduces weight stigma in the medical setting?
  - a. Keep a variety of different sized gowns in each medical room
  - b. Only provide accommodating seating when needed
  - c. Respect a patient in their desire for a blind weight or to not be weighed at all
  - d. Keeping weight loss pamphlets in the office just in case
  
4. What option below is not one of the principles of Healthy at Every Size<sup>®</sup>?
  - a. Respectful care
  - b. Weight inclusivity
  - c. Intuitive eating
  - d. Eating for well being
  
5. Patients who experience weight stigma in healthcare are more likely to
  - a. Trust providers
  - b. Seek out health care more often
  - c. Maintain significant weight loss over time
  - d. Seek out unhealthy behaviors to control weight

6. What is **not** an example of weight neutral language?
  - a. That person is obese/overweight
  - b. They are a person with obesity
  - c. They live in a larger body
  - d. They are living in a body that has a higher weight
  
7. Which option below is true about weight bias in health care?
  - a. It has not effect on health
  - b. It creates a safe experience for those living in larger bodies
  - c. It's a significant problem in the health care system and has long lasting adverse health impacts on those who experience it
  - d. Weight bias is not a barrier to eating disorder treatment
  
8. What is one immediate effect of weight stigma in health care?
  - a. Providers spend less time with patients
  - b. Providers believe that patients will be more compliant with recommendations
  - c. There are more positive experiences between patient provider interactions
  - d. Patients feel more comfortable asking questions in an appointment
  
9. What organization currently has registered trademark status on Health at Every Size®?
  - a. Weight Watchers
  - b. National Eating Disorder Association (NEDA)
  - c. Eating Disorders Anonymous
  - d. Association for Size Diversity and Health (ASDAH)
  
10. What is one thing that you can do as Health at Every Size® provider?
  - a. Provide material that only focuses on large bodied patients
  - b. Focus on weight loss AND health promoting behaviors
  - c. Continue to educate yourself and network with a diverse population of providers
  - d. Only acknowledge the biases of other providers