Be a role model - share best practices for nonbiased behaviors.

Create a supportive clinical environment.

Perform behavioral health screening.

Use an empathetic approach for clinical documentation.

Use patient-centered empowering counseling techniques.

Create a supportive clinical environment.

Pay attention to language.

Could we talk about your weight today?

The American Academy of Pediatrics Section on Obesity and The Obesity Society offers the following recommendations for pediatricians to address weight stigma in different settings.

**Society believes weight stigma and shame can motivate people to lose weight.**

But, weight stigma is harmful to both emotional and physical health.

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**Health Consequences of Weight Stigma**

- **Decreased Exercise and Physical Activity**
- **Social Isolation and Academic Outcomes**
- **Emotional and Psychological Effects**
- **Unhealthy Eating Behaviors**
- **Worsening Obesity**

Although pediatricians focus their efforts on improving weight-related health of youth, there should also be a focus on weight stigma.

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**Stigma Experienced by Children and Adolescents with Obesity**

The American Academy of Pediatrics Section on Obesity and The Obesity Society believes weight stigma and shame can motivate people to lose weight. But, weight stigma is harmful to both emotional and physical health.

The American Academy of Pediatrics Section on Obesity and The Obesity Society offers the following recommendations for pediatricians to address weight stigma in different settings.

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2. But, weight stigma is harmful to both emotional and physical health.

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**Advocate Against Weight Stigma**

- **Schools**
  - Promote antibullying policies to protect vulnerable students.

- **Youth-Targeted Media**
  - Portray individuals with obesity responsibly and respectfully.

- **Provider Training**
  - Address weight stigma in ongoing training and education for medical students, residents, and practicing physicians.

- **Parents**
  - Empower families and patients to manage and address weight-related health issues in schools, communities, and homes.

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**Improving Clinical Practice**

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**Link:** pediatrics.org/content/140/6/e20173034

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