A New Standard: Shifting Emphasis from Weight Loss Promotion to a More Inclusive and Sustainable Health Model

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INTRODUCTION:
• BMI is used as a traditional method of tracking health
• 42.4% of Americans in 2017-2018 were classified as obese
• BMI does not consider other factors influencing health
• Weight loss is often unsustainable and is detrimental to physiological and psychological well-being
• Social and medical size-based stigma negatively impacts healthcare quality and health outcomes
• The HAES® model of care promotes the use of inclusive language, body acceptance, and respectful care from practitioners who work to acknowledge and end weight discrimination
• The purpose is to evaluate the current BMI and body-size focused healthcare system and suggest methods to improve health outcomes using a Health at Every Size® model

METHODS:

RESULTS:
• A HAES® model of care can improve physiological health measures and psychological health outcomes
• Weight loss is unsustainable and results in weight cycling
• Weight loss is detrimental to cardiovascular health and is associated with increased mortality
• Medical anti-fat bias is prevalent and perpetuates stigma, negatively impacting patient health outcomes

LIMITATIONS:
• Lack of high level of evidence
• Lack of variety of healthcare setting implementation
• Main focus on BMI interventions, not comprehensive health measures
• Narrow subject populations
  ○ young, cis-gender, white women with high education background
  ○ no older, non-binary, non-white, or male participants

REFERENCES
1. Weight stigma is ruining patient health outcomes.

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