



THE WEIGHT-INCLUSIVE APPROACH IN HEALTHCARE

Weight-normative VS Weight-inclusive approach

Weight-normative approach:

emphasis on weight and weight loss when defining health and well-being.

not effective for most people

- high rates of weight regain & cycling from weight loss interventions,
- linked to adverse health and well-being.

Weight-inclusive approach:

emphasis on viewing health and well-being as multifaceted while directing efforts toward improving health access and reducing weight stigma.

body weight is not a behaviour

- promotes healthy behaviours,
- fostering engagement in pleasurable and mindful body movement,
- eradicating weight stigma.

The Principles of Weight-Inclusive Care

1

Do no harm.

Appreciate that bodies naturally come in various shapes and sizes.

2

3

Given that health is multidimensional, maintain a holistic focus.

Encourage a process-focus for day-to-day quality of life.

4

5

Incorporate sustainable, empirically supported practices into prevention and treatment efforts.

Create healthful, individualised practices and sustainable environments.

6

7

Work to increase health access, autonomy, & social justice for all individuals along the entire weight spectrum.