Strategies to Reduce Obesity Bias and Stigma:
RESPECTFUL AND COMPASSIONATE COMMUNICATION

☹ Discouraged Terms	☺ Encouraged Terms
↓ Morbidly obese	✓ Weight
↓ Obese	✓ Unhealthy weight
↓ Fat	✓ Overweight
↓ Heaviness	✓ Excessive energy stores
↓ Large size	✓ Affected by obesity
↓ Diet	✓ Eating habits/nutrition
↓ Exercise	✓ Physical activity

Adapted from: Bays HE, et al. Obesity Algorithm 2020. Accessed May 22, 2024. https://obesitymedicine.org/obesity-algorithm/

OBESITY MANAGEMENT IN PRIMARY CARE PROFESSIONAL DEVELOPMENT & CERTIFICATE PROGRAM