



Informed Consent

The weight normative approach is currently the dominant paradigm in healthcare settings. This approach typically prescribes weight loss in the interest of maintaining what is commonly accepted as healthy weights, utilizing BMI parameters. In this paradigm, the basis for interventions to address weight loss include calorie reduction and an increase in physical activity.

There is another paradigm that exists with solid evidence for effectiveness. This approach is weight-inclusive, and is informed by a Health at Every Size (HAES) model. This newer paradigm is based on sufficient research that dieting over the long term is ineffective. (1,2,3,4) The weight-inclusive approach recognizes that there are potential negative medical, metabolic and psychological health outcomes that accompany weight cycling, often referred to as “yo-yo” dieting, which is a common outcome of weight loss attempts. (5,6) The HAES approach shifts the emphasis from weight as a health parameter, recognizing the inherent inadequacies in using BMI as an indicator for an individual’s health status (7), to utilizing a broader lens to assess overall health and well-being which takes into account a person’s physical, psychological, relational, and spiritual needs. The HAES paradigm recognizes the ineffectiveness of using shame as a motivator for behavior change (8,9,10,11,12) and dismantles the idea that thinner bodies are healthier bodies. (13) Working with a practitioner who uses a weight-inclusive approach, you as the patient will never be judged or asked to change the way your body looks and will not be weighed at appointments unless medically necessary. You will be met with a practitioner who works from a holistic perspective and wants to understand and address all of the factors that could be affecting your overall health, such as physical, economic, social, spiritual, emotional, and other needs.

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