

WHY WEIGHT? COMMUNICATE

A Guide for Talking to Your Healthcare Professional (HCP) about Weight Loss

Feel Empowered to Talk about Weight

If you're struggling to lose weight but find it difficult to speak with your HCP, you're not alone.

You may have already tried to talk to an HCP about weight loss and it didn't go as planned or maybe this is the first time you're bringing up your goal to lose weight.

Three Tips to Prepare for your Appointment

1. Book an appointment with your HCP to talk about weight loss, and be sure to say why you're booking the visit.
2. Show that you are ready to talk about weight loss by sitting up and making eye contact with your HCP.
3. Try to talk clearly and bring this guide to the visit to help you stay focused when meeting with your HCP.

Conversation Starters with your HCP

- ✓ What are goals that I can set during my weight-loss journey?
- ✓ How can I put my health first and what are some simple steps I can add to my daily routine?
- ✓ How could losing weight help me?
- ✓ I am eating healthy and exercising, but I am not seeing the results I want. Can you offer me some tips to help me reach my goals?
- ✓ I am trying to make healthy food choices but am also struggling with cravings and feeling hungry. Is there anything that can help me?
- ✓ I have tried different things to lose weight such as *[insert methods such as diet and/or behavioral modification programs, over-the-counter medications, nutritionists, exercise programs/classes]*, and I lost some weight only to gain it back. What options are available that might help me lose weight and keep it off?
- ✓ My BMI is *[insert number]*. Would a prescription treatment be right for me?

Additional Information

If you'd like more resources, check out the Obesity Action Coalition (OAC), an organization dedicated to helping individuals along their journey toward better health through education, advocacy and support. Visit www.obesityaction.org.