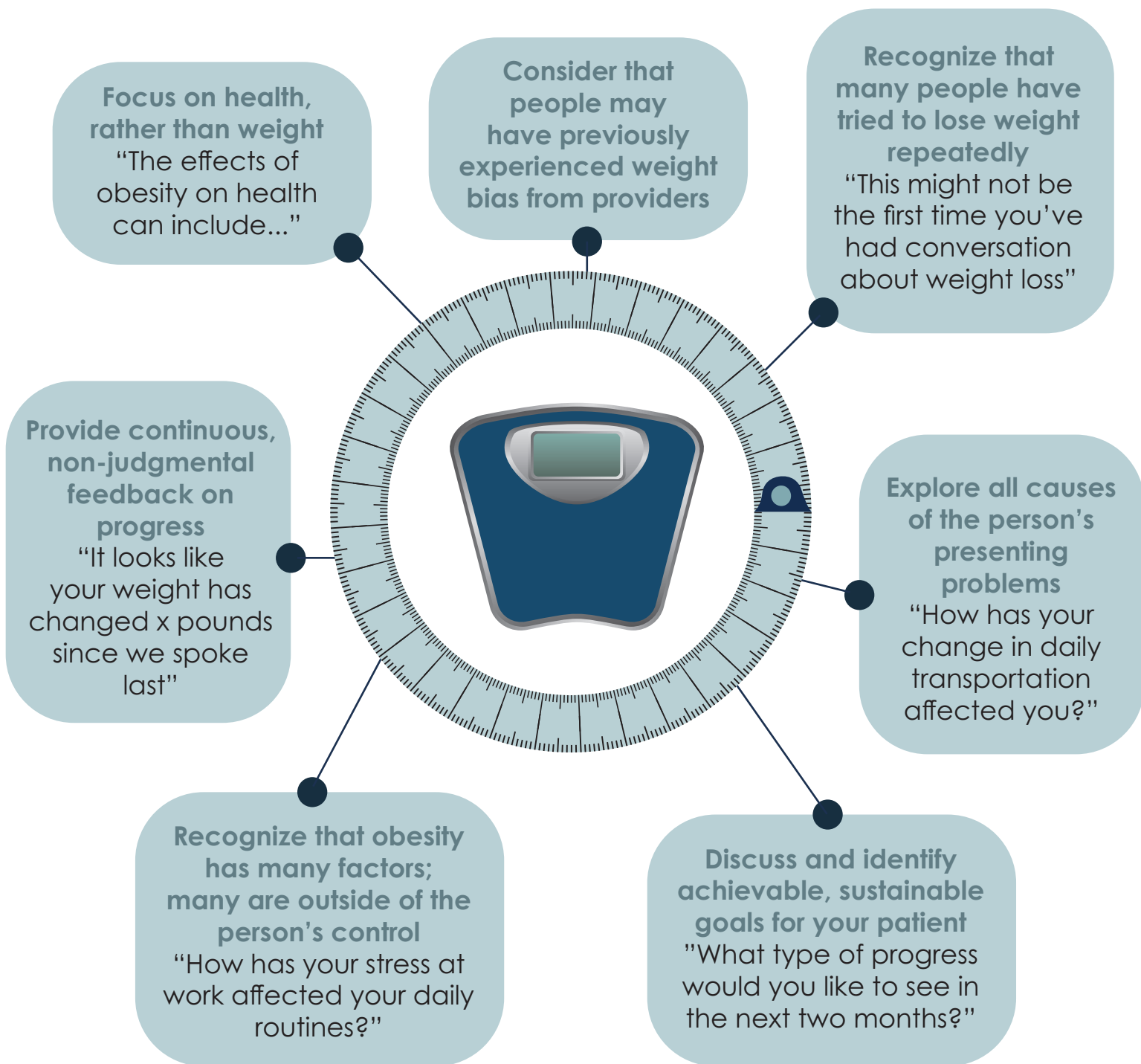
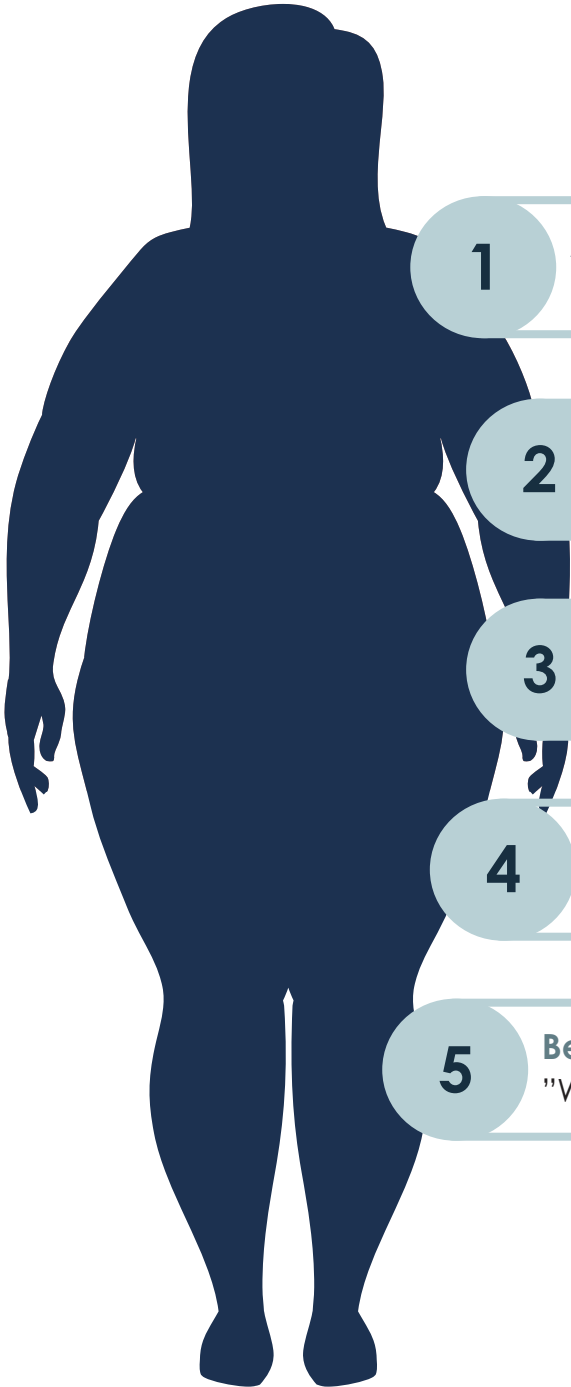


# Strategies and Considerations When Speaking to People with Obesity



# Words Matter: Preferred Terms to Discuss Obesity



1

**Always seek permission**

"Would it be okay if we spoke about your weight?"

2

**Use Person-first language**

"Person with obesity"

3

**Use motivating, least stigmatizing language**

"Overweight" "Weight, BMI"

4

**Use evidence-based information**

"Obesity can affect our health in several ways"

5

**Be empathetic, understanding & collaborative**

"What's been going on in your life since we met last?"