

# Beaumont

“Decades of evidence demonstrate that no weight loss initiative to date has resulted in sustainable changes in weight or health for most people.<sup>1</sup>”

# Well-Being Over Weight

## (WOW) VIRTUAL TRAINING

Discover the Shift from Weight-Centered to Health-Centered Care

*Some Beaumont Health patients are seeking weight-inclusive providers. Attend this training to further develop skills that meet this need.*

THURSDAYS

4:30-5:30 p.m.

SEPTEMBER 10 -  
OCTOBER 1



### PREPARE FOR NEW CONVERSATIONS

Focusing on health versus weight can lead to an improvement in compassionate care, patient satisfaction and, ultimately, better outcomes.<sup>2</sup> Attend this four-week virtual training and receive the knowledge, resources and skills to engage in patient care practices and conversations that:

- ✓ **Shift away from weight-centered interventions** and toward weight-inclusive, health-centered care.
- ✓ **Improve provider-patient relationships**, especially with those who may be more likely to avoid clinical care due to weight stigma concerns.
- ✓ **Provide health-centered care**, linked to improved adherence to treatment plans, better outcomes and higher patient satisfaction ratings.



### JOIN US!

HAES®  
Experts

The WOW virtual training is offered to Beaumont Health providers and staff at no cost.



Michelle May  
M.D.

Led by *Health at Every Size* (HAES®) experts, this conference can improve the effectiveness of provider-patient interactions and positively impact the well-being of Beaumont Health patients and families.



Jon Robison  
Ph.D.

HAES® is a widely accepted, evidence-based, health-centered approach to body respect and compassionate self-care.



Rebecca Johnson  
MS

*This conference has been approved for AMA PRA Category 1 Credit™ and Nursing CE.*

Continued...



## EXPLORE THE PARADIGM SHIFT

The conventional paradigm fosters the idea that, for patients with larger bodies, the pathway to optimal health is best achieved by losing weight.

A growing body of research indicates that weight-centered treatment can lead to poorer outcomes, lower satisfaction and ratings of care and even provider burnout.

Conversely, evidence suggests that a health-centered approach can improve health and well-being regardless of weight status and without the unintended consequences that arise from weight-centered approaches.<sup>2</sup>

This free virtual training is made possible by the Beaumont PFCC Reach the Moon Grant.

## TRAINING DETAILS

**Who** Primary care providers, including physicians, nurses, physician assistants, nurse practitioners, physician support and office staff. (Beaumont/OUWB providers and employees only.)

**Where** Zoom meeting from the comfort and convenience of your home or office.

**When** Attend the following interactive sessions live (also recorded for later viewing):

### THURSDAY, SEPTEMBER 10

#### Session 1:

Why Not Weight? This comprehensive research review explores the war on obesity.

### THURSDAY, SEPTEMBER 17

#### Session 2:

An Introduction to HAES®. Explore five key principles and the evidence supporting efficacy of HAES®.

### THURSDAY, SEPTEMBER 24

#### Session 3:

Practical Strategies for Making the Shift from Weight-Centered to Weight-Inclusive Care.

### THURSDAY, OCTOBER 1

#### Session 4:

Live Q&A with conference facilitators, internal practitioners and patient family voice.

## LEARN NEW STRATEGIES

**Check your assumptions.** Recognize that weight does not necessarily reflect a patient's health, lifestyle choices or quality of life. Understand the complex genetic, environmental, biological, psychological and social contributors to weight.

**Reduce the focus on weight.** Ask all patients about lifestyle behaviors. Encourage healthy behaviors, not weight-loss behaviors. Focus on balanced eating, physical activity and general self-care.

**Optimize well-being.** Provide care that considers the whole person, including the patient's psychological and physical needs. Use patient-centered communication to inspire healthful behaviors. Show compassion for challenges and help reduce societal stigma around weight.

**And more...**

**REGISTER TODAY: Scan the code to the right or visit <https://beaumont.cloud-cme.com/wow2020>**



1. Tylka, T., et al. (2014). The weight-inclusive versus weight-normative approach to health: Evaluating the evidence for prioritizing well-being over weight loss. *Journal of Obesity*, 2014, 1-18. doi:10.1155/2014/983495  
2. Phelan, S. M., Burgess, D. J., Yeazel, M. W., Hellerstedt, W. L., Griffin, J. M., & Ryn, M. V. (2015). Impact of weight bias and stigma on quality of care and outcomes for patients with obesity. *Obesity Reviews*, 16(4), 319-326. doi:10.1111/obr.12266