

# RENEW

## Review

February 2020

RENEW counseling: Skilled staff; Nutrition-focused

Try the activity on your own or with others from your agency.

### Talking about health at every size!

Health at every size is a way of talking about weight and health behaviors in a way that:

- Creates a safe space to discuss weight;
- Acknowledges bias and social stigma;
- Considers the complex and conflicting messages related to health and weight that we face.

### Activity:

1. Read this article (approximately 5-7 minute read) <https://obesitycanada.ca/blog-weight-of-living/lesley-weight-of-living/>

### Discussion questions:

After reading Lesley's story consider the following questions:

1. Why do you think Lesley's mother tied comments about Lesley's weight to fear (e.g. "If you get much bigger, you're going to have a heart attack") when her mom had similar life experiences growing up?
2. Lesley says her life experiences "...created a person who is afraid to seek help or support from professionals. Who is too nervous about being judged to try new things, and who would rather stay at home than go out in public for fear of ridicule."
  - a. Do you think some of our WIC participants might have similar feelings about seeking support? What makes you think that?
  - b. What is needed to help create a different experience in our WIC clinics?
3. Lesley says "Not ALL obese patients have diabetes, or heart problems, or blood sugar problems. Some are actually pretty healthy underneath their extra weight."
  - a. How does this fit with some peoples' beliefs regarding weight and health?
  - b. What is an example of a personal belief around weight and health that influences the way someone might counsel a participant?
4. How comfortable are you with counseling participants of different sizes? What might you do differently?