

12 Helpful phrases to take with you to your Health Provider

I know we've only got a short time, so I'd really like to focus on what I came here for please.

I'd like to work in a weigh neutral way if that is possible as weight loss efforts have only resulted in weight gain for me (this is also supported by the evidence, which I am happy to provide).

What would you be recommending to me if I had a smaller body? Could we start there?

I have a history of dieting/weight cycling/disordered eating/eating disorder. I've tried (what you're suggesting) before, & it made things worse for me. Do you have another suggestion for me, perhaps one you would give to someone in a smaller body?

Is there any research about health outcomes or sustained success with the amount of weight you're suggesting that I need to lose? Do people lose that amount of weight, and keep it off long term?

(When referring for WLS) I understand that there can be significant risks with weight loss surgery, including death and severe complications. Can you tell me more about that please?

What does the research say about (X/Y/Z intervention/treatment)? Are there long term studies, 3 years or more?

I have a history of an eating disorder and I've been advised that weight loss dieting and/or cutting out food groups is a risk factor for relapse.

(Insert nutrition recommendation) sounds like a diet to me and I've done that a lot in my life. It's not good for me, and I don't want to diet anymore. Can you refer me to a Non-Diet or Weight Neutral Dietitian who understands my history and make recommendations?

Making me feel bad about my body is something people have been doing for years. Please don't, it makes things worse for me and I'm less likely to come back to you, although I really need healthcare.

Rather than focussing on my weight, I'd rather focus on health behaviours. Can you refer me to a health care provider (eg Dietitian, Podiatrist, Physiotherapist, Exercise Physiologist, Occupational Therapist, Psychologist) who might be able to support me without focussing on my weight?

(In response to being asked to step on scales)

I'd rather not be weighed thankyou.

I'm OK for you to know, but I don't want to know the numbers thankyou.