Background

- Health sciences curricula primarily foster the “weight-normative” care model, equating weight with health.
- Evidence suggests that weight-normative care fosters weight bias, and results in poor health outcomes.\(^ {1-6}\)
- The Weight Inclusive Toolkit Initiative (WITI) maintains that body size diversity is normal and should be accepted and celebrated in educational & healthcare settings.

WITI Committee Objectives

- Create an educational toolkit that “does no harm”
- Educate about the harms of weight bias, benefits of weight-inclusive care, and intersections of weight bias with racism and gender-bias
- Follow DEI principles throughout development and implementation

Project Goals

1. Create an oncology lesson and case study for dietetic students that aligns with WITI’s weight-inclusive values
2. Create an annotated bibliography for Toolkit members to develop content

Methods & Materials

- Researched Medical Nutrition Therapy (MNT) for oncology treatment
- Met with RDNs and educators to develop a slide deck template
- Incorporate social determinants of health into screening assessment
- Conducted a literature review of weight-bias and weight-inclusive care and interventions
- Developed an annotated bibliography with 50 unique references
- Designed a lesson plan, slide deck, ADIME case study, & discussion questions to teach MNT oncology

Conclusions

- Weight bias can result in: Healthcare avoidance, Eating disorders, Weight cycling, Depression, Anxiety, Low-self esteem, Morbidity & mortality
- This is especially harmful for historically oppressed individuals.\(^ {4-6}\)
- Downstream harms can be reduced through education about the harms of weight stigma, and through weight-inclusive practices.

References