

# Weight Sensitivity Training for First Year Medical Students



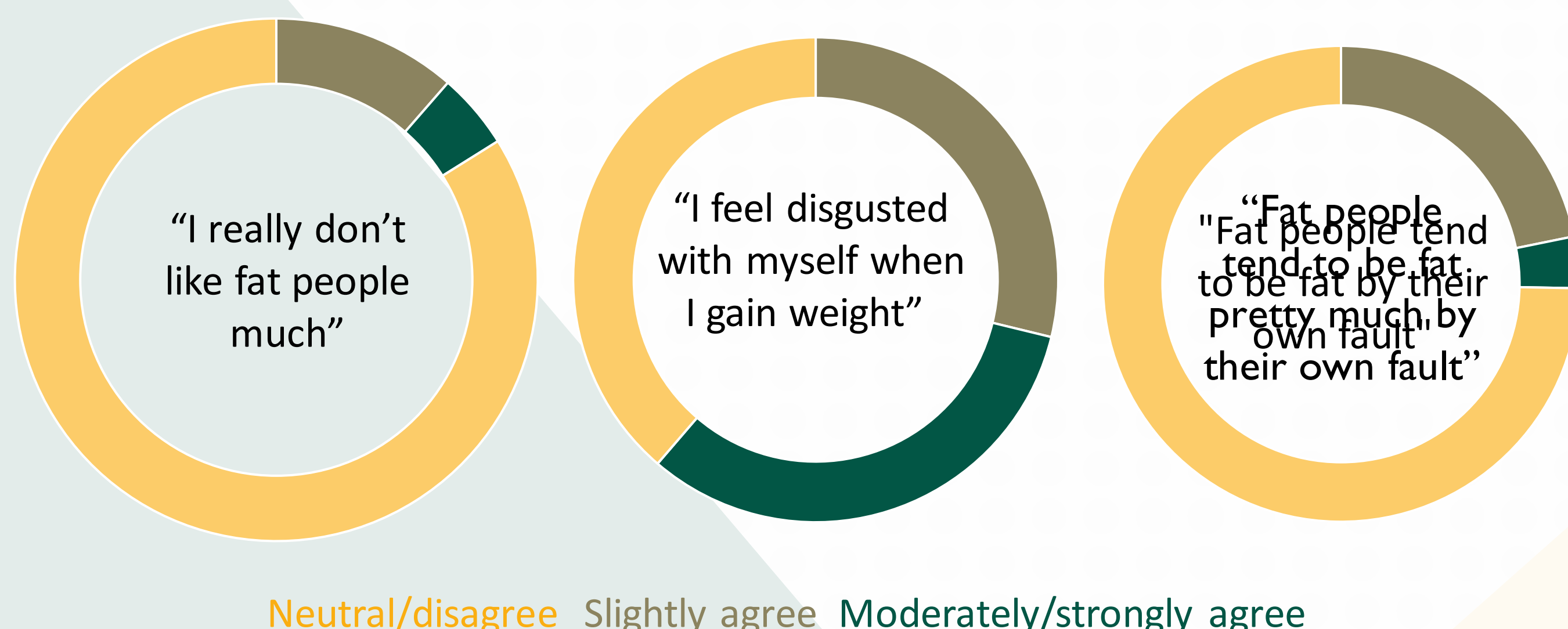
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## INTRODUCTION

- Medical students at Wayne State University receive minimal to no education on weight bias or its effects on patient care.
- Overweight and obese patients often feel that their weight is over-prioritized in primary care and underlying causes and stressors are ignored.<sup>1</sup>
- Medical students hold significant bias toward overweight and obese people and carry that into their practice.<sup>3</sup>
- The aim of this study is to describe the efficacy of a standardized patient-based workshop in reducing implicit and explicit weight bias in first year medical students

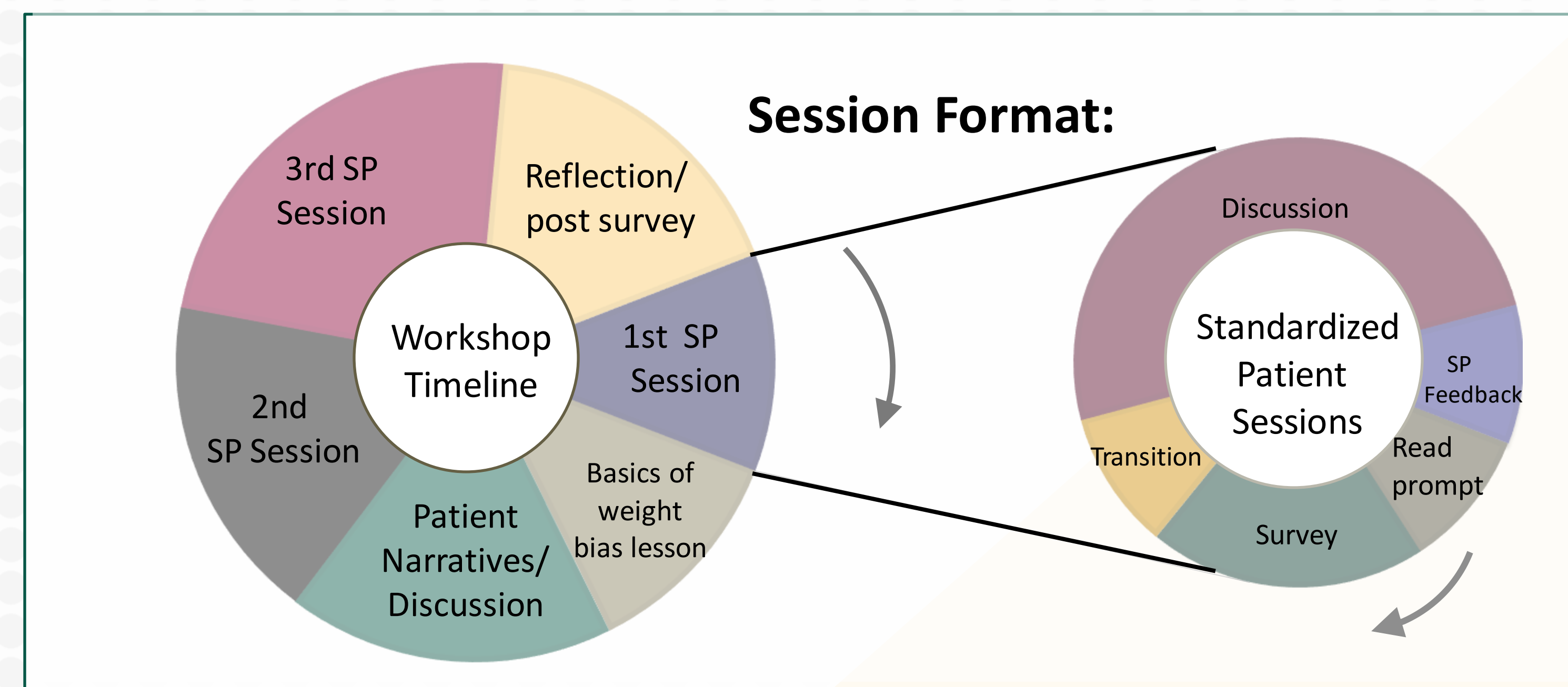
### Survey of Weight Bias in Medical School<sup>3</sup>



### Sources of Weight Bias in Medical Schools:

- Social Media Influence on our perceptions of bodies
- Minimal nutritional education
- Constantly see overweight/obesity as a comorbidity to other conditions
- Increased Weight Bias with gross anatomy lab<sup>2</sup>
  - Perceived correlation of weight with cause of mortality
  - Self-reflections and insecurities about one's own body
  - 70% of students developed negative attitudes toward patients with overweight/obesity

## METHODS



### Student Learning Objectives of the Session:

- 1 Express a more well-rounded understanding of factors other than diet and exercise that affect weight changes.
- 2 Assess when it is appropriate to discuss a patient's weight.
- 3 Display confidence when delivering motivational interviewing strategies in a weight-sensitive manner.

### Presentation /Underlying Issues in Patient Sessions

- Seeking Diet Pill – Yo-yo Dieting and Negative Body image
- Sleep Apnea – Cycle of Poor Sleep & Low Energy for Exercise and Nutrition
- Hypertension – Chronic Stress and High Social, Family, and Work Demands

### Survey Themes: Pre- and Post- Surveys

**Weight Bias**  
Agreement with Commonly Held Beliefs About Overweight/Obese People

**Confidence**  
Self-assessed Ability to Navigate Conversations about Weight and Judge When it Should Be Prioritized

**Applications**  
Mini Post-Session Surveys Assess Practical Skills to Determine Weight Relevance

## RESULTS

### Results Reflect Goals and Learning Objectives:

- Changes in agreement with commonly held anti-obese beliefs will assess changes in implicit and explicit weight bias.
- Post SP interaction mini-surveys will determine whether students correctly identified the underlying issues for each patient.
- Comparison pre-workshop and post-workshop Likert-style ratings will reflect changes in confidence in these navigating these scenarios

### Expected Results

- This workshop expects to demonstrate the greatest improvement in implicit weight bias because the didactic and practical portions will both deconstruct these biases
- This workshop expects to demonstrate modest increases in confidence and assessment skills of weight relevance.

## CONCLUSIONS

- Quantitative analysis will explore the impact of a weight sensitivity training on the confidence, weight bias, and practical applications for first year medical students.
- Qualitative analysis of open feedback in surveys will address areas for improvement in future iterations of the workshop.
- The feasibility of application of this program to a larger, class-wide model will be explored.

## REFERENCES

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