



COMMIT TO CARE: A Patient and Health Care Professional Promise

From a Health Care Professional Perspective:

- I will listen and take concerns seriously without assumptions about behavior, motivation or willpower.
- I will use science-based standards of care to guide discussions, decisions and treatment.
- I will partner with patients to agree upon realistic goals that focus on health, function and quality of life rather than weight alone.
- I will talk openly about all appropriate obesity treatment options including lifestyle therapy, medications, procedures and surgery.
- I will ensure patients are supported with a comprehensive care strategy that engages health care professionals with the expertise appropriate to their treatment plan.
- I will recognize and actively work to provide a care experience free from weight bias and stigma by considering my language, actions, clinical environment and network of specialists.
- I will ensure equipment, seating and clinic spaces are accessible, comfortable and safe for patients of all body sizes.

I Commit to Care by practicing shared decision-making, honoring patient expertise in their own lives, and building a true partnership centered on trust, respect and long-term health.



Learn More about Science-based Care for Your Patients!

Visit ObesityAssociation.org/standards-of-obesity-care to learn what science-based obesity care should look like.



From a Patient Perspective:

- I expect to be treated with dignity, respect and compassion at every visit.
- I expect my health care professional to recognize obesity as a chronic disease and not treat it as a short-term issue or a personal failure.
- I expect my health care professional to listen to my lived experience and believe me when I describe my symptoms, challenges or concerns.
- I expect not to be blamed, shamed or judged for my body size or health status.
- I expect to be informed about all available and appropriate treatment options so I can make shared decisions about my care.
- I expect my care to be individualized, comprehensive and based on science, not stereotypes.
- I expect follow-up, support and clear communication and not one-time advice or dismissal.

I Commit to Care by asking questions, sharing my goals and experiences and working in partnership with my care team to support my health and well-being.



Take the Your Weight Matters Challenge Today!

Visit YourWeightMatters.org to access free, trusted education, tools and support, including practical toolkits and conversation starters to help you start the conversation with a healthcare professional about your care.

Respectful obesity care begins with listening, trust and science-based treatment. When patients and healthcare professionals work together as partners, care becomes compassionate, collaborative and effective.



AMERICAN BOARD OF OBESITY MEDICINE
FOUNDATION