

Weight stigma and barriers to effective obesity care.

July 26, 2023

Puhl RM. Weight stigma and barriers to effective obesity care. Gastroenterol Clin North Am. 2023;52(2):417-428. doi:10.1016/j.gtc.2023.02.002.

<https://psnet.ahrq.gov/issue/weight-stigma-and-barriers-effective-obesity-care>

Implicit biases and stigma can [impede](#) the delivery of safe, high-quality healthcare. This article outlines the ways in which stigma create barriers to effective care for [patients with obesity](#) (use of stigmatizing language, provider-held negative weight-based attitudes, lack of patient-centered communication, patient avoidance, and/or delay of care). The authors propose several strategies to reduce weight stigma in health care, including [stigma-reduction](#) education and training interventions.