

It's Bigger Than Me

Supporting a Brighter Future for Inclusive Obesity Care Transcript

Queen Latifah and all participants have been paid by Novo Nordisk Inc. to share their stories.

Kesley: I always have this feeling that I'm going to be judged by my appearance. You know, that's always the topic of conversation.

Queen Latifah: Some people living with obesity are afraid to seek the care they need. Benji: I do get nervous about seeing a health care provider about managing my weight. I don't want to be told that everything I've done is bad for me.

In one survey, 66% of participants who reported a history of weight stigma experienced it from doctors.
*This survey focuses on the healthcare experiences of adults in six countries, including the United States.

But it doesn't have to be this way.

Kesley: I'm willing to talk about my weight, but it's more than just that. It's about finding a health care provider that really cares and I can trust to help me.

Queen Latifah: We brought people living with obesity and doctors together and asked them to share their experiences.

Benji: Any time I see a medical professional about something that doesn't have to do with my weight, they make it about my weight.

Dr Sobel: Yeah, I had a patient start to cry once because I was the first health care provider that they saw that wasn't lecturing them just on diet and exercise. As a health care provider, my responsibility is to validate and empower my patients and make sure they feel like they're part of the team.

Kesley: I oftentimes feel like, you know, I don't want to go to the doctor for fear of being judged.

Dr Primack: No one should feel judged by a health care provider, especially when asking for help. I try to ensure my patients will feel comfortable and secure in my office. And that's what everyone deserves; to feel safe and heard.

Queen Latifah: What they don't know is together, they'll paint something special... With help from someone they aren't expecting.

Alright, let's do this.

Managing obesity can be challenging, but today, you'll work together to help ensure that finding the right supportive doctor won't be. Pick one word that could've improved your past experiences with doctors over the years and write it on the paint bucket given to you. (Reacting: "Go ahead.")

Benji: I'm gonna put down "compassion." You know, there's been times in the past where I've walked into my health care provider's office, and I'm immediately judged. You know, but I want them to see me and not just my weight.

Dr Primack: For my word, I chose "respect." Respect is a thing that helps you learn where people come from and using their past experiences to help them achieve success in the future.

Kesley: I've been to a doctor's office where they were looking only at their computer screen, and I couldn't help but think, you know, "Look at me." So, I'm writing down "personalized care."

Dr Sobel: Kesley, what you just said is exactly why I'm writing down "attentiveness" on my bucket. I'm this stranger walking into the room, and they need to share things that are very personal to them, and I don't take that for granted.

Queen Latifah: These words will give you the power to paint a brighter future for those seeking care. Throw the paint onto the blank canvas to reveal how.

Benji: I want to, you know, be seen for me as a person and not just a name or a number on a roster.

Kesley: You have the support and love and care. It really changes something in me.

Queen Latifah: With these words, you created something that will help so many people. And I'm ready to show you what it is. (Walks into main room)

Cast: (reactions) Hi!

Queen Latifah: Today, your stories and many others helped create a symbol of allyship in support of inclusive obesity care that's free from bias and judgment. Created by Novo Nordisk and the obesity community, this symbol is a way for health care providers and all of us to show our support and find spaces free from weight stigma.

Kesley: It doesn't take much for me to, you know, love somebody. But it starts with, you know, first impression and if you're treating me like a human being... I'm gonna come back, and I'm gonna start to listen.

Queen Latifah: I can't wait to see this out in the world and how it will change the future of obesity care. Learn more about how to find and show your support for inclusive obesity care at itsbiggerthan.com.