

EXAMINING THE TRAINING EXPERIENCES, FUTURE AIMS AND BELIEFS OF FAMILY MEDICINE RESIDENTS REGARDING PATIENTS IN LARGER BODIES

Abstract

The majority of Americans are classified as either obese or overweight (Fryar, Carroll, & Ogden, 2018). The prevalence and medical implications of higher weight statuses indicate a need for physicians who are prepared to address the specific needs of patients in larger bodies. However, patients in large bodies report more negative experiences with primary care physicians than positive ones and exhibit poor health outcomes (Ananthakumar, Jones, Hinton, & Aveyard, 2020; Phelan, Burgess, et al., 2015). Implicit and explicit weight bias is well-documented among physicians and likely interferes with assessment and treatment (Sabin, Marini, & Nosek, 2012). To date, no recent study has examined medical trainees' anti-fat biases, depth of training and interest in additional training to address these biases. This quantitative study will survey medical residents in regional residency programs to identify any explicit anti-fat beliefs held, depth of training received regarding patients in larger bodies and the interest and acceptability of undergoing proposed anti-fat bias interventions. The results of this study will improve the experience of patients in larger bodies by identifying targets for intervention among physicians. The results of this study will also contribute to the anti-fat bias movement that is urgently needed in our country broadly and in New Jersey, where it is projected that nearly 50% of adults will qualify as medically obese by 2030 (NJ Department of Health). Project completion is expected by May 2022, with requested funding of \$1000 for participant raffle, data analysis and funds to present findings at a national conference.

References

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