



Jamboard Link:

https://jamboard.google.com/d/166enkgWNvRnMU_ax4Oc_zyaPnAeWAuLAMcwjsmUZ844/edit?usp=sharing

Focus:

- We must look beyond weight in our program, and focus on eating patterns and changed attitudes.
- Focus on spotlighting healthy aspects of food, rather than unhealthy aspects
- May include more about weight cycling as a link to negative health conditions.
- Taking clinical language out of health
- Focusing on a more effective approach, people will respond better to positive ways of speaking about food and thus will have better outcomes from nutrition classes

Language:

- Be more aware of language, will still use go, slow, and whoa be more conscientious when explaining.
- Promote person-centered language, "child experiencing obesity". Also, our language is very westernized and is not culturally appropriate for all.

Education & Training:

- Provide more training around shaming language on weight, food security, poverty. We need to get beyond putting people in buckets. Not "you are....", but "you are experiencing"
- In training child health nurses, I have begun to de-emphasize such a focus on weight as part of screening
- Removing BMI charts from educational materials.
- Re-look at images in curricula to ensure they are respectful.
- Helpful in working with 4-H youth to be more inclusive
- Use information and share with colleagues.