

**Weight Stigma in Health Care Inventory**

In reference to the **PAST YEAR**, how do you rate the following statements? Use the scale below:

1-----2-----3-----4-----5-----6  
 Strongly Agree      Agree      Mildly Agree      Mildly Disagree      Disagree      Strongly Disagree

**Overall Experiences of Stigma:**

\_\_\_ I felt looked down upon or discriminated against because of my weight by health care providers associated with the University of Iowa Hospitals and Clinics (UIHC).

Please circle who made you feel this way (you may choose more than one):  
 Doctors      nurses      dietitians      mental health provider      Other (describe job)

- \_\_\_ I felt like the health care providers at UIHC treated me with dignity and respect.
- \_\_\_ I felt that UIHC health care providers didn't treat overweight people as nicely as they do people with lower weight.
- \_\_\_ I felt that most UIHC health care providers didn't understand how difficult it is to be overweight.
- \_\_\_ I was treated as a second-class citizen at UIHC because of my weight.

**Communication with Health Care Providers:**

- \_\_\_ UIHC health care providers recommended a diet even if I did not come in to discuss weight loss.
- \_\_\_ A health care provider at UIHC blamed unrelated physical problems on my weight.
- \_\_\_ I was able to speak freely with UIHC health care providers about my weight.
- \_\_\_ When I lost weight and regained it, UIHC health care providers criticized me for not trying harder.
- \_\_\_ UIHC health care providers have said critical or insulting things to me about my weight.
- \_\_\_ I have been very upset by comments that UIHC health care providers have made about my weight.
- \_\_\_ UIHC health care providers believed me when I told them about how much I eat.

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1-----	2-----	3-----	4-----	5-----	-----6
Strongly Agree	Agree	Mildly Agree	Mildly Disagree	Disagree	Strongly Disagree

### **Physical Examination:**

- I felt pressured into being weighed when I did not want to be weighed.
- Health care providers at UIHC did not conduct adequate physical examinations because of my weight.
- Health care providers at UIHC provided appropriate and respectful physical examinations.
- Health care providers at UIHC performed my physical examination in ways I found embarrassing or disrespectful because of my weight.
- Health care providers at UIHC expressed disgust with my weight (either verbally or non-verbally) while performing my physical examination.

### **Equipment and Built Environment:**

- UIHC provided chairs, furniture, and/or easily accessible buildings suitable for people of my weight.
- UIHC provided examination gowns, examination tables, and/or medical equipment suitable for people of my weight.
- UIHC provided transportation accommodations suitable for people of my weight.
- If I needed help getting on to an examination table, walking, or transferring to the toilet, someone at UIHC was available to help me in a kind and courteous manner.
- Spaces such as waiting rooms, examination rooms, elevators, and hallways at UIHC were an appropriate size for people of my weight.
- Signs and public messaging at UIHC could be offensive to people of my weight.
- Due to my weight, people in public spaces at UIHC treated me rudely by staring, or using negative body language.

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1-----	2-----	3-----	4-----	5-----	6-----
Strongly	Agree	Mildly	Mildly	Disagree	Strongly
Agree		Agree	Disagree		Disagree

**Consequences of Discrimination:**

\_\_\_ I avoided or delayed seeking medical care at UIHC because of how my weight will be negatively addressed.

\_\_\_ I avoided or delayed cancer screenings, such as Pap smear or colonoscopy, at UIHC because of how my weight will be negatively addressed.

\_\_\_ I avoided or delayed seeking medical care at UIHC because I did not want to be weighed.

\_\_\_ I am thinking of switching hospitals/health care systems due to negative experiences related to my weight.

\_\_\_ I feel worse about myself because my negative experiences related to my weight at UIHC.

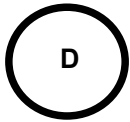
\_\_\_ I have discouraged people from going to UIHC due to negative experiences related to my weight.

\_\_\_ I was comfortable taking care of all my healthcare needs at UIHC

**What term do you prefer when discussing weight?**

Obese            High Body Mass Index            Overweight            Weight

Person with overweight            Other (please specify) \_\_\_\_\_



**Demographics**

What is your age? \_\_\_\_\_

What is your gender?      Male              Female              Other (please specify)\_\_\_\_\_

Please enter your: Height \_\_\_\_\_ Weight \_\_\_\_\_

How many people live in your home? \_\_\_\_\_

Considering all family income from all sources, for you and all the family members living with you, what was your total family income in the last year (before taxes)?

<\$25,000      \$25,000- \$75,000      \$75,000- \$125,000      \$125,000-\$175,000      >\$175,000

What is the highest level of schooling you completed?

Less than high school                      High School                      Some College

2 year College Degree                      4 year College Degree

Trade School Degree                      Graduate Work

**Race (Please circle all that apply):**

African American      Asian (or Pacific Islander)      Caucasian      Native American

Other (Please describe)\_\_\_\_\_

**Ethnicity (Please circle):**

Hispanic                      Non-Hispanic                      Other (Please describe)\_\_\_\_\_

Are you from a rural area? Yes      No                      What is your zip code? \_\_\_\_\_

**In general, how would you describe your health?**

Poor              Fair              Good              Very Good              Excellent

Have you had weight loss surgery in the past?      Yes      No

If not, are you considering weight loss surgery?      Yes      No

1 = Subset 1 of Questions  
2 = Subset 2 of Questions  
3 = Subset 3 of Questions  
D = Demographics, completed by all respondents