

"TO WEIGH OR NOT TO WEIGH?"

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IFSO Annual Meeting

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DISCLOSURES

- None



ARE WE



?



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alamy

The background features a dark blue field with a prominent white diagonal line running from the top-left to the bottom-right. This line is punctuated by two white circular dots. To the left of the line, there are several overlapping geometric shapes: a dark purple triangle at the top-left, a grey semi-circle, a pink triangle with diagonal hatching, a pink square with a white hatched pattern, a grey triangle, and a bright pink square at the bottom-left. The text 'YES, WEIGH!' is positioned to the right of the diagonal line.

YES, WEIGH!

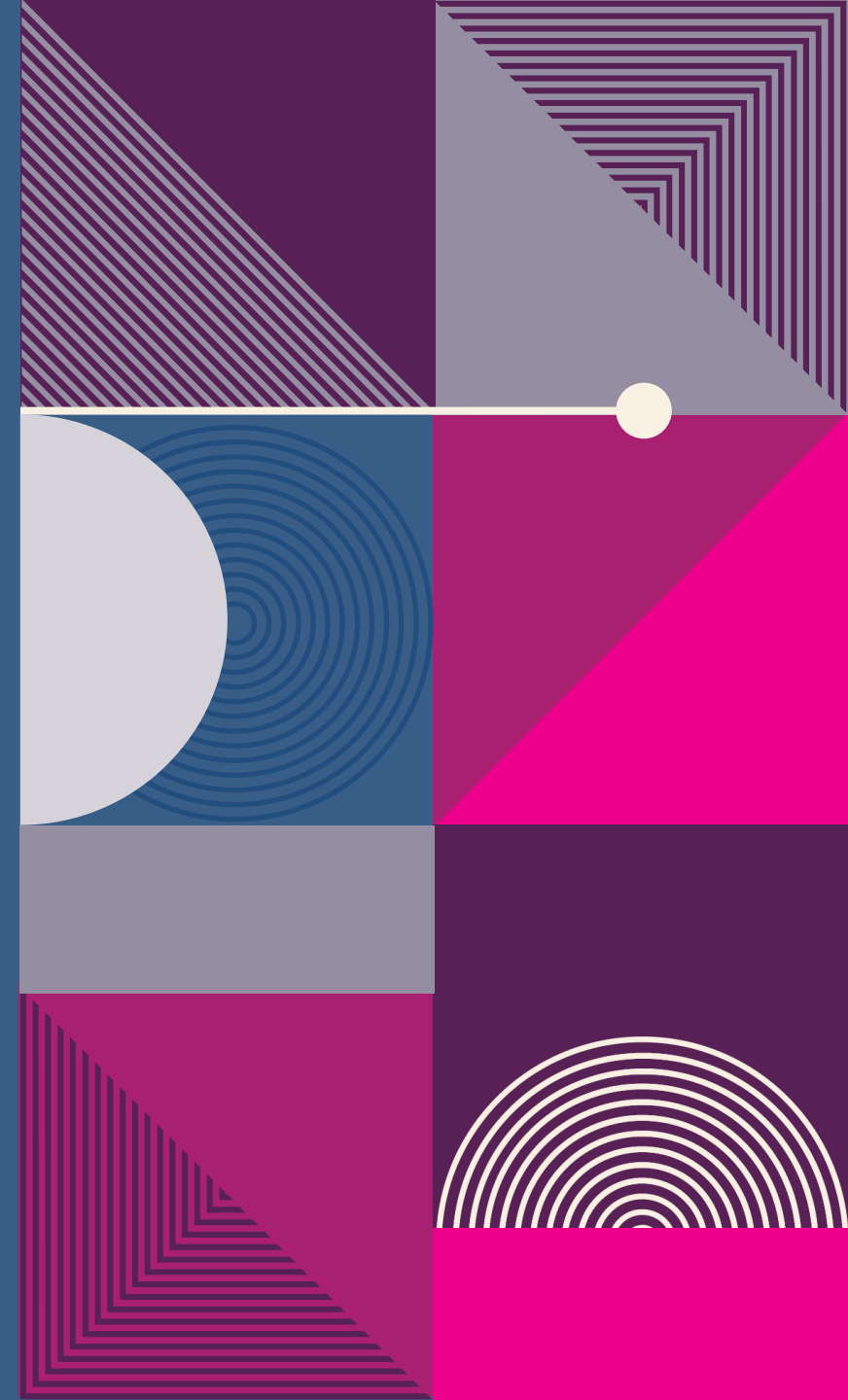
ARGUMENTS FOR WEIGHING

- Weighing is beneficial for weight management
 - **Observational** studies & **behavioral** weight loss trials:
 - **Self**-monitoring weight is associated with:
 - More weight loss
 - Prevention of weight gain
 - Prevention of weight recurrence
 - **One** identified **MBS** study:
 - Not related to weight **loss**, but related to better weight loss **maintenance**.



ARGUMENTS FOR WEIGHING

- **Why** is weighing beneficial for weight management?
 - Provides feedback
 - Allows self-evaluation of behavior and opportunity to take corrective action

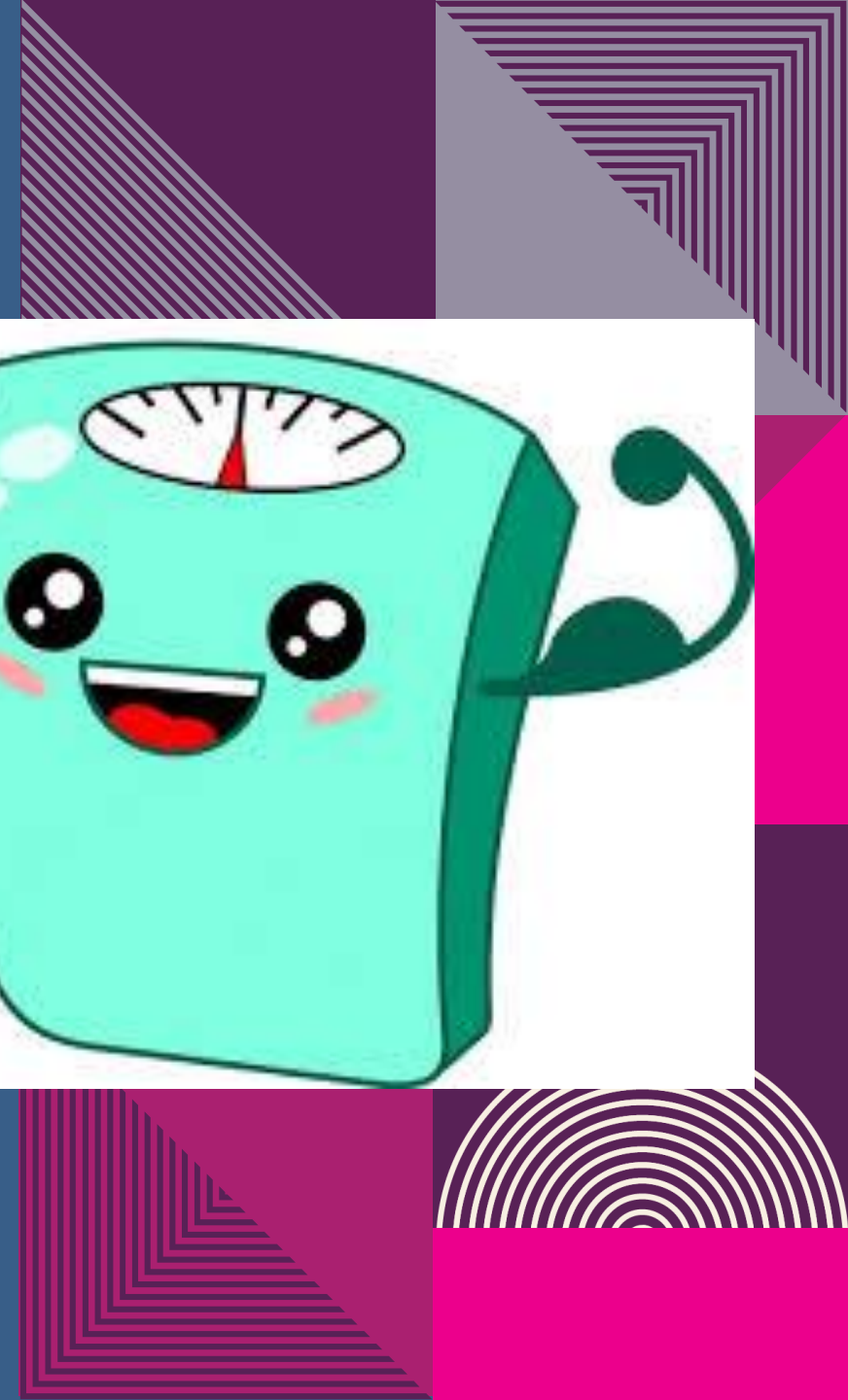
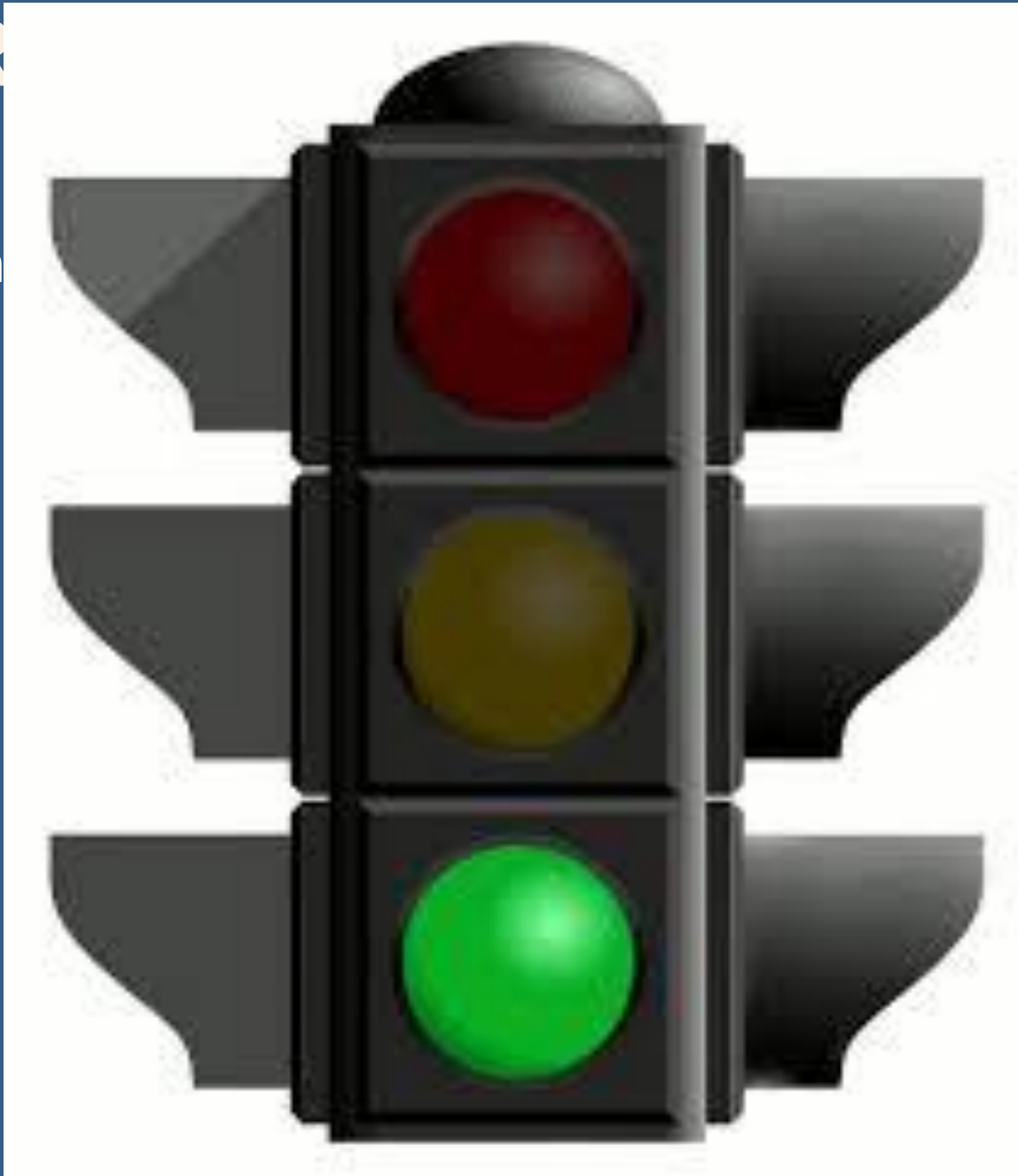


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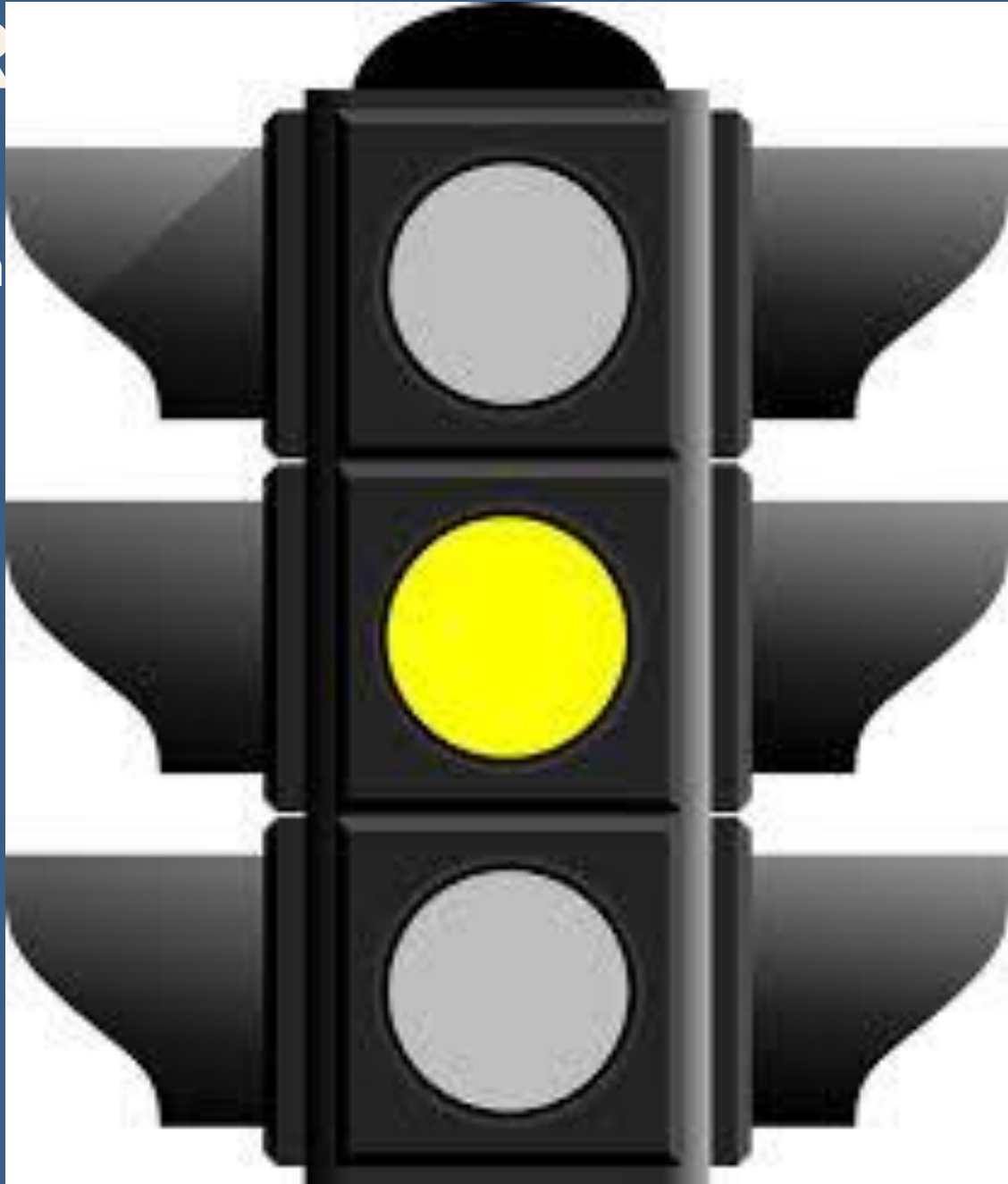


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anage



The background features a dark blue gradient. A prominent white diagonal line runs from the top-left towards the bottom-right, with two white circular dots at its ends. The left side of the image is filled with various geometric patterns: a dark purple triangle at the top-left, a grey semi-circle, a pink hatched triangle, a pink square with a white line pattern, a grey triangle, and a pink square at the bottom-left. The text "NO WEIGH!" is centered in the upper right quadrant.

NO WEIGH!

ARGUMENTS AGAINST WEIGHING

WEIGHING



BODY

DISSATISFACTION



**BEHAVIORS
IMPEDING
WEIGHT
MANAGEMENT**



**UNHEALTHY
DIETING
PRACTICES**



**EATING
DISORDERS**



PSYCHOLOGICAL DISTRESS
Frustration, low mood, anxiety



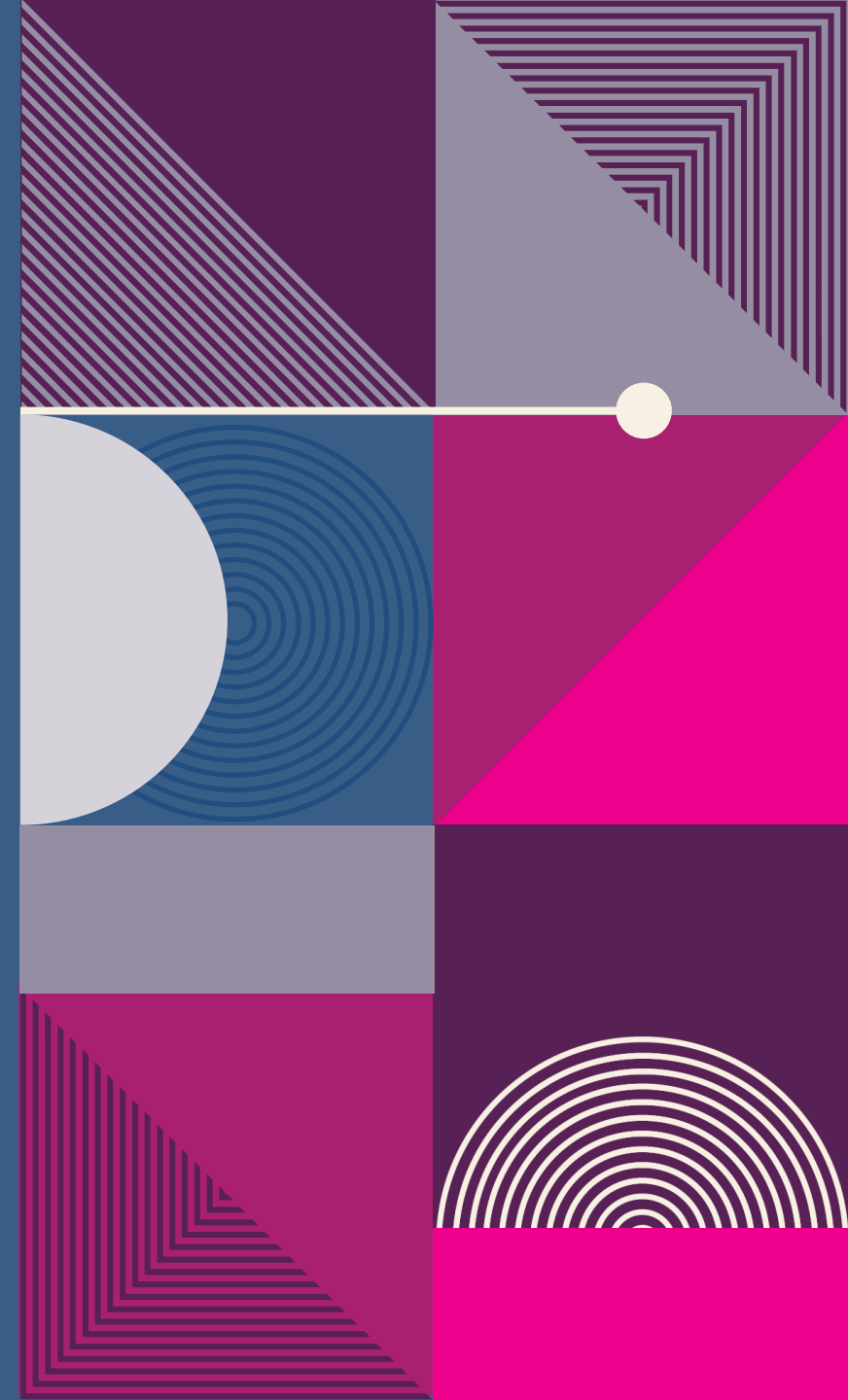
ARGUMENTS AGAINST WEIGHING

**WHAT DO THE
DATA SAY?**

anxiety

ARGUMENTS AGAINST WEIGHING

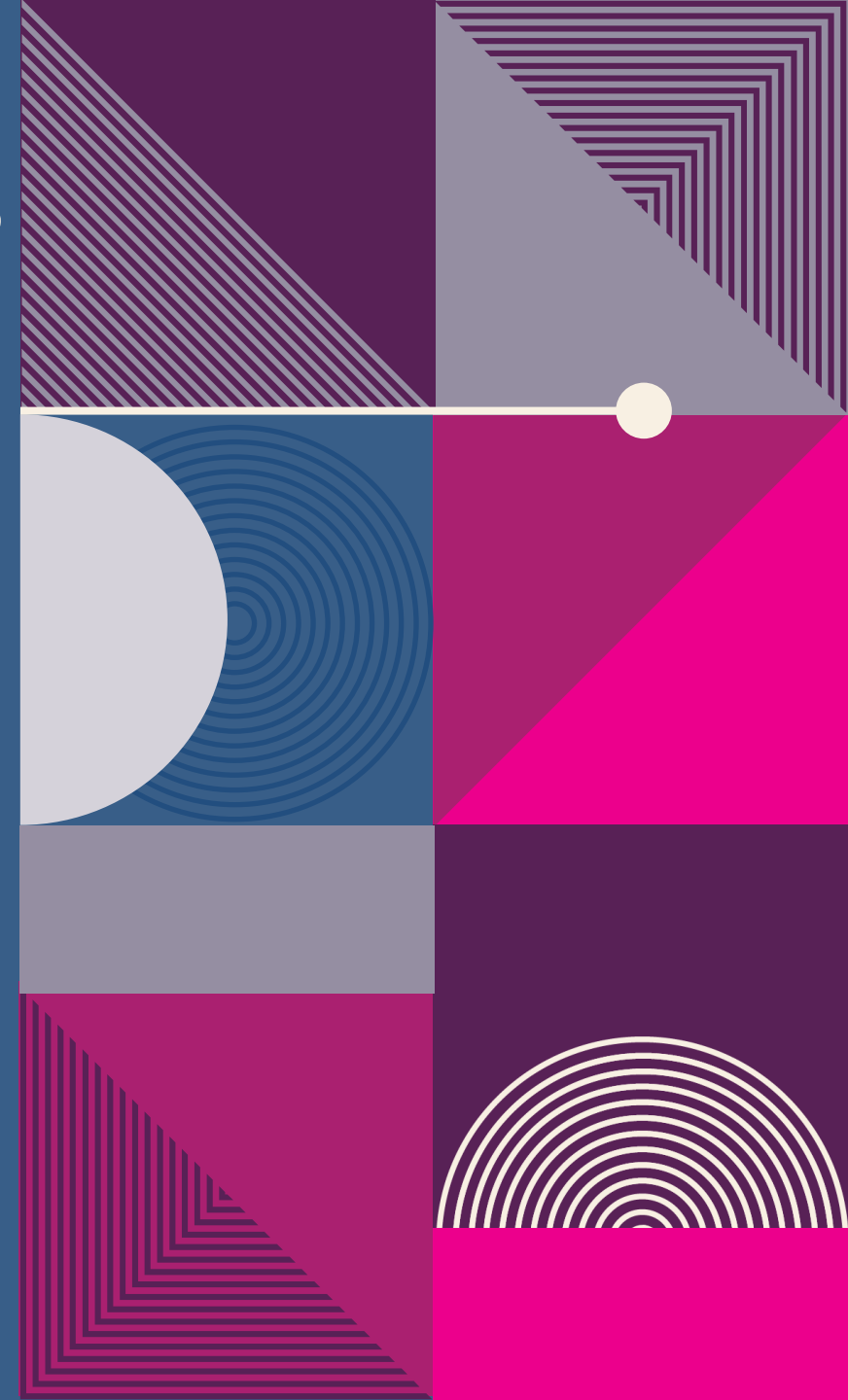
- Weighing → More weight gain, lower self-esteem, higher anxiety/ depression, more use of unhealthy weight control practices – **in adolescents/YA**
- Weighing → lower mood – **in some groups**
 - Females; higher BMI; trying to lose weight; current disordered eating behaviors or cognitions; recovering from ED



ARGUMENTS AGAINST WEIGHING?

- Other studies:

- Weighing → **No** impact on:
 - Self-esteem; mood; body image; eating disorder symptoms
- Weighing → **positive** impact on:
 - Depression; body dissatisfaction; dietary restraint; disinhibition; disordered eating; feeling in control of one's weight



The background is a vibrant magenta color. On the left side, there is a complex geometric composition. It includes a white circle at the top left, a horizontal white line extending from it, and a series of concentric white arcs. Below these are various rectangular and triangular sections with different patterns: a grey rectangle, a dark purple rectangle with concentric white arcs, a light yellow triangle, a dark purple triangle with a white dot grid, a dark blue rectangle, and a dark purple triangle with a white dot grid. The text 'IMPACT VARIES FROM PERSON TO PERSON' is written in a bold, white, sans-serif font on the right side of the image.

**IMPACT VARIES FROM
PERSON TO PERSON**

OUR PATIENTS AND THE SCALE

Excessive focus



Fear and avoidance



BOTH GIVE THE SCALE TOO MUCH POWER!



STRIKING A BALANCE

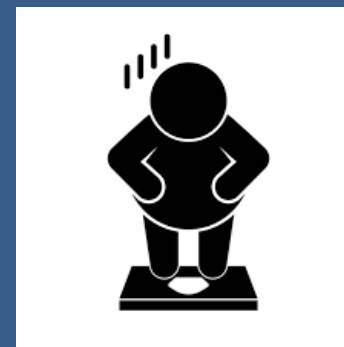
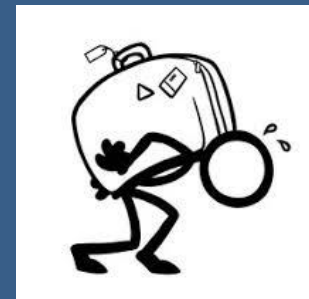
- Numeric weight is one data point

- Data are helpful
 - To our patients
 - To us




THE WAY TO WEIGH

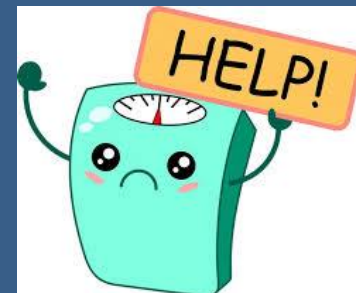
- Create the right **mindset** - from the **outset!**
 - De-emphasize importance of weight as outcome
 - Focus on other valued outcomes
 - Weight is not 100% under direct volitional control
- Have a dialogue before weighing
 - 'Emotional baggage'
 - "Pre-set" attitude
- High-capacity scale
- Private weighing location
- NEUTRAL reaction
- Address patient's reactions



THE WAY TO WEIGH - HOME EDITION

Help the patient to determine:

- What will my attitude be about “the number”?
- Why am I weighing myself?
- What meaning will I make of the information?
 - “This is just data.” Observe *trends*.
- What actions might this information lead me to take?
- How frequently will I weigh myself? 
 - Must be individualized
- Under what conditions will I weigh myself?
 - Same day/time/clothing
- How will I know when the weighing is becoming problematic?
- If weighing is becoming problematic, what will I do about it?





**TO WEIGH
OR
NOT TO WEIGH?**



**SHOULD WE WEIGH THIS PATIENT?
AND IF SO, HOW?**

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THANK YOU

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MASSACHUSETTS
GENERAL HOSPITAL
WEIGHT CENTER



HARVARD
MEDICAL SCHOOL