



EVALUATION SNAPSHOT

Size Inclusive Practice 101

Equipping professionals to challenge sizeism, promote inclusivity, and drive gender equality change in their work



On 5 December 2023, WHISE ran a practice forum to support health practitioners at both ends of the mental health spectrum to promote size-inclusive practice in their work. WHISE advocates for a size-inclusive approach to health because it is both ethically imperative and scientifically sound.

While weight-centred practices drive people away from health, size-inclusive practices challenge biases and promote health. Embracing size-inclusive practices as our core business reflects our commitment to treating people of all sizes, genders, ethnicities, abilities, and identities with dignity and respect.

	How many people registered?	69	How many people attended?	29
	How many people completed the pre survey?	27	How many people completed the post survey?	24

KEY LEARNINGS

Increased understanding of how sizeism impacts women's health

Post-session results showed a significant increase in understanding how sizeism disproportionately affects women's health outcomes, with 95% of attendees rating their understanding as high to very high. This marked the highest improvement in knowledge, with 77% of participants selecting a "high" response.

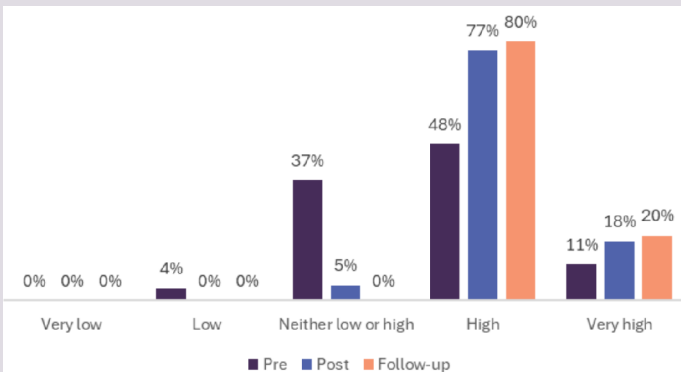


Figure 1. Pre and post session ratings of understanding of how sizeism disproportionately impacts women's health outcomes.

APPLICATION OF LEARNINGS

Enhanced confidence in applying size-inclusive practice

Participants reported a notable increase in confidence in applying size-inclusive practice principles. Post-session, 64% of attendees felt confident to very confident, and this confidence was largely retained at follow-up, with 60% of respondents maintaining their confidence levels.

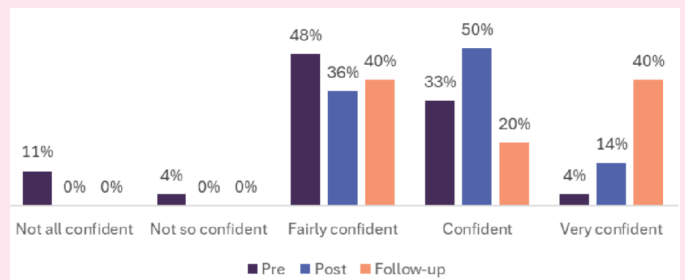


Figure 2. Pre and post session ratings of confidence to apply principles of size-inclusive practice to work.



"It was really encouraging to see this emerging field of research and how it ties with intersectionality. In particular, it was eye opening to see how this is being applied in practice."