

ADVOCATING FOR OBESITY CARE THROUGH YOUR UNION

Who is an obesity care advocate?

An advocate is someone who supports a cause by working with people to make positive changes in society.¹ Advocates for obesity care can even advocate for themselves.² You don't need any special qualifications – just basic knowledge of obesity. You can do this by learning facts about obesity— including the risks—and the options for obesity care.² It's not a lot of work but can make a difference.

Obesity care advocates can also talk to their health insurers and employers about what they need.² Your union representative and labor union can help you do this.

What are some other ways to advocate for obesity care?

Outside of your workplace, you can advocate for obesity care by reaching out to:

Legislators



Your legislators are your elected officials who make decisions about the laws.

How to get in touch

Connect with them by mail, email, phone, and in person.²

Regulators



Your regulators work for government health agencies and have a say in how health care is provided.²

How to get in touch

Communicate with regulators by providing your comments on proposed healthcare regulations.²

News Media



Reporters and journalists in your local media can affect how obesity issues are viewed by the community.²

How to get in touch

Contact your local media outlets to share your story or concerns.²

General Public



Spread true information about obesity care and share your story with your community.²

How to get in touch

Ask to speak at your place of worship or volunteer club and post about obesity care and on social media.²

References:

1. <https://dictionary.cambridge.org/dictionary/english/advocate> (Accessed June 26, 2024).

2. <https://www.obesityaction.org/action-center/learn-about-taking-action/getting-started-as-an-advocate/> (Accessed June 26, 2024).

To start advocating for obesity care, here are some questions you can ask:

Your employer

Could the company provide **healthier snack** options?

Are there plans to ensure that **uniforms** are available in more sizes to accommodate all employees?

Is “body weight” included in the workplace **anti-bullying policy**?¹

Do you offer **diversity training** for employees that includes differences in body weight?¹

Can we offer more **seating options** at work to accommodate those with different body sizes?

Do you require **body weight sensitivity training** for managers and human resources staff?¹

Your union representative

Are there any initiatives to reduce **weight bias and stigma** in the workplace?

How does the union advocate for **health insurance coverage** for obesity care and related conditions?

Are there any **policies to support employees** with obesity or related conditions?

Does the union **involve members** in the decision-making process related to **obesity care and health insurance coverage**?

Your insurance provider

Are there any steps to take before employees are considered for **obesity care coverage**?²

Is there a chance an employee would be **denied coverage**?²

Does the employee policy cover obesity **medication or surgery**?²

What else should employees know about **obesity care coverage**?²

Does the employee policy cover services to visit a **nutritionist or dietician, behavioral counseling**, and subsidies for **fitness programs**?



**DID YOU
KNOW?**

Advocacy works. The more voices that join the conversation, the more likely change will happen.
Make your voice heard.

References:

1. <https://www.obesityaction.org/wp-content/uploads/Weight-Bias-in-the-Workplace.pdf> (Accessed June 26, 2024).
2. <https://www.aace.com/patient-journey/obesity/questions> (Accessed June 26, 2024).