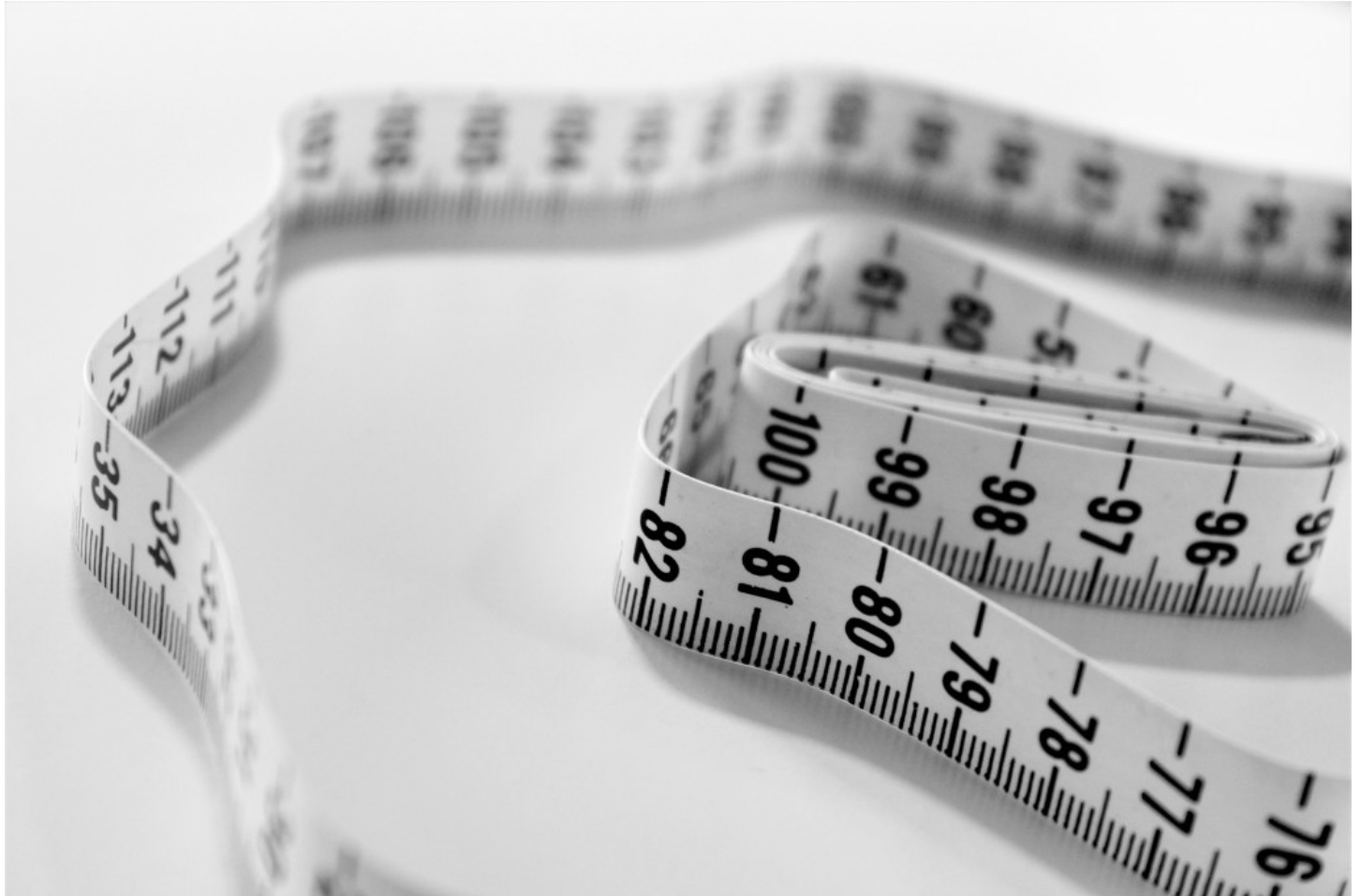


Kardinia Health Leads Research to Tackle Weight Stigma in Healthcare

Kardinia Health is leading the way in addressing weight stigma in general practice through a pioneering research project aimed at improving the way healthcare is delivered to people of all body sizes.



Geelong, Victoria Jul 22, 2025 ([Issuewire.com](https://www.issuewire.com)) - Kardinia Health Leads Research to Tackle Weight Stigma in Healthcare

Kardinia Health is leading the way in addressing weight stigma in general practice through a pioneering research project aimed at improving the way healthcare is delivered to people of all body sizes.

Weight stigma, which refers to bias or discrimination based on a person's size, is a widespread issue that can significantly affect both physical and mental health. In healthcare settings, it may lead to delayed treatment, reduced trust, and poorer outcomes. The Geelong based medical centre is committed to exploring ways of creating a more inclusive and respectful experience for every patient and has commenced the Size Inclusive Approach to Health (SIAH) Research Project as part of that mission.

Phase one of the SIAH Project is a research initiative designed to explore how education can support healthcare professionals in better recognising and reducing weight stigma. The program offers training

that highlights the, many complex determinants of weight, differentiating weight from health, promotes respectful language, and seeks avoidance of judgement. The research aims to improve the patient experience and hopes to provide practical strategies to encourage patient's respectful engagement in healthcare as people will be supported to pursue their own priorities.

"Mental wellbeing and other health benefits of regular physical activity and nutrition are equally applicable for people of all sizes", said Dr Nic Brayshaw. "If people, large or small, can find ways to incorporate enjoyment of sustainable physical movement and nutrition within their busy lives, benefits can be experienced in better health and wellbeing, rather than worrying about their scales."

Health professionals participating in the project completed anonymous surveys before and after the program, and any shifts in awareness and attitudes have been measured.

"At Kardinia Health, we believe everyone deserves to feel respected and heard when accessing healthcare," said Caity Long, Project Lead of the SIAH Project. "The aim of this initiative is about equipping our team with the knowledge and tools to better understand the impacts of weight stigma, and ultimately, to deliver care that supports every individual's health journey without bias."

The project is part of a broader effort to ensure all patients receive high-quality care regardless of body size, and to keep individuals engaged in their health journeys without fear of judgement. Results from the SIAH Project will be presented at the 11th Annual International Weight Stigma Conference, held this year on the Gold Coast. The team plan to publish their findings which it is hoped will contribute to ongoing improvements in care delivery and community health outcomes.

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