

### Semistructured Qualitative Interview Guide

1. The current healthcare system uses Body Mass Index, or BMI, as a measure to quantify a patient's weight. Clinicians may use BMI to provide specific health recommendations. What are your thoughts about using BMI as a metric for measuring health and wellbeing?
2. Weight inclusive care means that a clinician is respectful to those in larger bodies, does not make assumption about their health behaviors, supports patients, and respects their decisions around their weight and health behavior, etc. Do you think that our current healthcare system practices weight-inclusive care?
  - a. Follow-up questions (**OPTIONAL**):
    - i. What does "weight-inclusive" care mean to you?
    - ii. What would weight-inclusive care look like?
    - iii. How does individual bias, if any, play a role in providing weight-inclusive healthcare?
3. The second Health and Every Size (HAES) principal is health enhancement. Health enhancement is defined as supporting health policies that improve access to health services, behaviors that improve health and wellbeing (which included attention to physical, economic, social, spiritual, and other needs). What do clinicians currently do to encourage health enhancing behaviors?
4. Do you think that clinicians in our current healthcare system provide non-weight-based support for health enhancing behaviors (for example, eating a more balanced diet without discussing weight loss as a result)?
  - a. Follow-up questions (**OPTIONAL**):
    - i. What kind of health-enhancing suggestions do clinicians make currently for patients that are in larger bodies (perhaps overweight or obese on the BMI scale)?
    - i. Are current suggestions appropriate?
5. The third Health At Every Size (HAES) principal is respectful care. Respectful care is defined as clinicians acknowledging their own biases while working to end weight stigma and weight bias. It also means providing information or services that take race, socioeconomic status, gender, sexual orientation, etc., into account. Regarding weight-related conversations, what does respectful care look like to you?
6. Do you think our current healthcare system provides respectful care regarding weight-based conversations?
  - a. Follow-up questions (**OPTIONAL**):
    - i. In our current healthcare system, what are the greatest barriers to providing respectful care (regarding weight-based conversations)?
7. Could clinicians, like physicians, nurse practitioners, and physician assistants, benefit from training or learning more about *Health and Every Size (HAES)*?