

Size Inclusivity Site Self-Assessment



As a team, complete this assessment to determine the extent to which your agency environment is size inclusive. Then, work together to identify actions toward size inclusivity at your agency.

Overall site				
	Always	Some/ sometimes	Never	N/A
The waiting area has sturdy, armless seating (e.g., couches, armless chairs, and loveseats).				
Educational and/or reading material is free from weight stigma (e.g., negative body messages) and features body size diversity.				
Artwork depicts body size diversity.				
Hallways have ample space for accommodating and maneuvering of larger bodies and extra-wide wheelchairs/walkers/scooters.				
Doors are wide enough to fit extra-wide wheelchairs/walkers/scooters.				
Agency website contains size-inclusivity information (e.g., mentions any diagnostic tools that have weight capacity limits, shows pictures of the waiting rooms and exam rooms).				
Agency website features body size diversity.				
In the exam rooms				
Exam rooms have sturdy, armless seating.				
Exam rooms have ample space for accommodating and maneuvering of larger bodies and extra-wide wheelchairs/walkers/scooters.				
Clinical protocols indicate weighing a client only when medically indicated.				
All staff are clear about clients' right to refuse getting weighed.				

	Always	Some/ sometimes	Never	N/A
Clients' right to refuse getting weighed is clearly communicated to them (e.g., verbally, with signage).				
Scales accommodate higher-weight clients, i.e., body weight of at least 500 lbs, preferably higher.				
Protocols for medically indicated weigh-ins allow for the client to determine whether or not staff will inform them of their weight (e.g., standing facing away from the scale, number not recorded into the chart).				
Extra-large blood pressure cuffs and/or thigh cuffs are available for taking blood pressure.				
Agency protocols guide providers in using appropriately-sized cuffs to obtain accurate blood pressure measurements for higher-weight clients.				
Exam tables accommodate higher-weight clients, i.e., body weight of at least 500 lbs, preferably higher.				
Gowns in the full range of sizes are easily accessible.				
Vaginal specula in varying sizes are easily accessible.				
When providing information and counseling on contraceptive methods, staff include that the contraceptive patch may be less effective in preventing pregnancy in clients who weigh more than 198 lbs; and according to the FDA, should not be used with a BMI ≥ 30 kg/m ² . ¹				
When providing information and counseling on contraceptive methods, staff include that levonorgestrel/progestin-only emergency contraception pills (e.g., My Way™, OneStep™, Plan B) may be less effective at preventing pregnancy in clients who weigh more than 165 lbs.				
When providing information and counseling on contraceptive methods, staff include that ulipristal acetate emergency contraceptive pills (ella®) may be less effective at preventing pregnancy for clients who weigh more than 194 lbs.				
When providing information and counseling on contraceptive methods, staff include that the intrauterine device (IUD) is the most effective emergency contraceptive method, regardless of weight.				

¹https://www.accessdata.fda.gov/drugsatfda_docs/label/2020/204017s000lbl.pdf

In the restrooms

	Always	Some/ sometimes	Never	N/A
Restrooms/restroom stalls are wide enough for use by higher-weight clients.				
Specimen collection receptacles have a handle and/or a hat is available.				
Toilets are floor-mounted.				
Restrooms have split lavatory seats.				
Restrooms are equipped with securely mounted grab bars.				



Take action

Reflecting on your team's responses to the items above, identify three actions toward size inclusivity at your agency.

1.

2.

3.

Acknowledgments

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