



www.awsims.org
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2025

ANNUAL REPORT

Association for
Weight and Size
Inclusive Medicine

The Association for Weight and Size Inclusive Medicine (AWSIM) is transforming healthcare through compassion, equity, and evidence-based practice. Our mission is to create a professional home for clinicians, researchers, students, and advocates committed to weight-inclusive, person-centered care.

About Us



AWSIM is an international medical organization transforming healthcare through compassion, equity, and evidence-based practice. We advance weight-inclusive medicine by challenging the pathologization of body size — a practice that continues to drive healthcare disparities and disproportionately harm larger-bodied patients.

We provide education, mentorship, community, and clinical advocacy to support practitioners committed to dismantling weight stigma and restoring trust in care. AWSIM serves as the professional home for physicians, clinicians, researchers, students, and advocates practicing and learning weight-inclusive, person-centered medicine.



For many years, weight-inclusive practitioners lacked a formal medical home. Providers relied on fragmented conversations, informal networks, and a patchwork of resources to support clinical decision-making and patient referrals. Recognizing that systemic change required building a unified professional community, Dr. Lisa Erlanger convened a group of physicians practicing from a weight-inclusive lens — and AWSIM was born.

Today, AWSIM anchors a global movement dedicated to reshaping medical care through dignity, autonomy, and scientific integrity.

Our Vision

We envision a world where patients of all sizes have access to empathetic, equitable, and evidence-based healthcare.



Our Mission

We are an international medical organization working to advance weight-inclusive care. We challenge the pathologization of body size, which continues to drive healthcare disparities and disproportionately harm larger-bodied patients. By providing mentorship, education, and advocacy, AWSIM serves as the professional home for physicians practicing and learning about weight-inclusive care.

Our Core Principles

AWSIM is grounded in the belief that all people deserve equal access to high-quality, non-pathologizing medical care at any size. We affirm natural body-size diversity, adequate nourishment as a fundamental right, and the importance of patient autonomy supported by unbiased informed consent. Health cannot be inferred from body size alone, and care should never be contingent on weight-loss expectations.

We recognize that weight stigma and weight bias are pervasive in medicine and cause measurable harm. Weight-inclusive practice requires ongoing critical reflection, a commitment to unlearning internalized bias, and an intentional effort to center the experiences of those most marginalized at the intersections of size, race, gender identity, sexuality, socioeconomic status, and disability.

Our approach is rooted in scientific rigor. Current evidence does not support safe, sustainable, long-term weight-reducing interventions that improve health outcomes. AWSIM calls for high-quality, unbiased research and advocates for care grounded in dignity, autonomy, body liberation, and the full humanity of every patient.



These principles guide all AWSIM programming, communications, and educational efforts. Our work is grounded in evidence, intersectionality, and a commitment to reducing weight-based harm in medicine.

A Year of Growth, Momentum, and Collective Purpose

This year marked a profound expansion of AWSIM's role as the international medical home for clinicians committed to advancing weight-inclusive care. What began as a small network of physicians seeking a place to practice medicine without pathologizing body size has evolved into a multidisciplinary, global community driving systemic change. Through education, mentorship, advocacy, and research translation, AWSIM supported thousands of learners, strengthened professional collaboration, and amplified the collective voice calling for compassionate, evidence-based, and stigma-free healthcare.

At the core of this work is our commitment to dignity, autonomy, and scientific integrity — values reflected throughout our programming, community-building, and organizational development. Each initiative this year reinforced our mission: to challenge weight-based harm, expand access to equitable care, and equip clinicians with the tools needed to transform practice from within medicine itself.

THE FACES OF AWSIM 2025

Celebrating the people we've collaborated with to shape a more inclusive future in medicine.





WEIGHT-INCLUSIVE
OBSTETRIC CARE

EVIDENCE, EQUITY, AND THE
EVOLVING STANDARDS OF OB CARE

THURSDAY, MAY 22
5:00 PM PT

Speaker:
Anna R. Whelan,
MD, FACOG



**SPEAKER
SERIES**

AWSIM members can register
for FREE.

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AWSIM delivered one of its most robust educational years to date, offering CME-accredited webinars, journal clubs, interdisciplinary speaker series, pediatric and reproductive health programs, and members-only clinical consultations. Together, these programs reached hundreds of clinicians worldwide, strengthening competencies in weight-inclusive practice and advancing the science of stigma reduction.

Highlights include:

- CME Launch Event: An Introduction to Weight-Inclusive Medical Care (Dec 2024)
- Journal Clubs led by Ragen Chastain covering topics such as GLP-1 agonists, weight loss surgery, pediatric weight-pathology, and BMI-based surgical exclusion
- Speaker Series on diabetes care, menopause, obstetrics, IBS, and culturally sensitive approaches to nutrition
- Connections & Consultations sessions supporting real-time case discussions with AWSIM faculty
- Interdisciplinary Collaborations with WIDIC and MSSl, reinforcing the growing reach of the weight-inclusive movement across professions

Educational Impact: Expanding Knowledge, Skills & Clinical Confidence

These programs built foundational skills, advanced critical thinking, and elevated the voices of clinicians and lived-experience experts whose work challenges longstanding weight-based assumptions in medicine.

Broadening Interdisciplinary Reach

This year, AWSIM strengthened its role as a convener of interdisciplinary learning, ensuring that weight-inclusive principles reach clinicians across specialties. Our collaborations brought together physicians, dietitians, mental health clinicians, researchers, and students to build a unified language of compassionate, evidence-based care.

Through partnerships with WIDIC, AWSIM expanded programming in mindfulness, culturally responsive nutrition, and integrative care. With MSSl, we supported early-career clinicians and future physicians by offering mentorship pathways and professional development opportunities.

These interdisciplinary bridges allow AWSIM to extend its educational mission beyond medicine, strengthening a broader movement for healthcare equity.

Preparing for a New Era of Educational Leadership

The success of 2024–2025 sets the foundation for AWSIM’s next milestone: the Annual Scientific & Member Assembly on May 8, 2026.

This full-day virtual event will feature:

- Two keynote speakers
- Four scientific abstract sessions
- Interdisciplinary panels
- Narrative medicine and lived-experience keynotes
- The organization’s official Annual Business Meeting

The meeting represents a turning point in AWSIM’s evolution — bringing together research, clinical innovation, advocacy, and community-building under one educational framework.



Member Community: Connection, Support & Professional Home

This year also solidified AWSIM's identity as a thriving professional community:

- Connections & Consultations provided collaborative spaces for difficult cases
- The online Member Forum grew as a hub for research exchange, clinical tools, and peer discussion
- The Professional Directory continued expanding, improving patient and provider access to weight-inclusive clinicians

Members described AWSIM as the place where they ***"learn the medicine they always wanted to practice"*** — evidence-based, stigma-aware, patient-centered, and rooted in care rather than coercion. This sense of belonging is part of AWSIM's founding purpose and remains central to our mission.



MEMBERS ONLY

CONNECTIONS AND CONSULTATIONS.

Your platform for questions, dialogue, and shared perspectives on weight inclusivity.

 **Event Details:**
Date: Wednesday, March 26th
Time: 2pm PT / 5pm ET

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Lisa Erlanger, MD
PRESIDENT

This year demonstrated what is possible when clinicians come together around a shared commitment to justice, science, and compassion in healthcare. AWSIM continues to grow not only in reach, but in depth — deepening our collective understanding, strengthening our community, and advancing a vision of medicine where every patient is met with dignity and evidence-based care.





Looking Ahead: Building Toward 2026 and Beyond



Alongside this milestone, AWSIM will:

- Deliver new CME-approved programming
- Expand global collaborations
- Strengthen leadership pathways through MSSI
- Continue rigorous evaluation of evidence in weight science
- Advance body liberation and patient dignity as fundamental clinical values

As AWSIM grows, our guiding principles remain unchanged: equal care at any size, patient autonomy, scientific rigor, and the pursuit of healthcare free from stigma and oppression.

2026 will be a landmark year for AWSIM. Our programming is expanding across disciplines and regions, mentorship pathways are widening, and our educational infrastructure is more robust than ever.

The centerpiece of the year ahead will be AWSIM's first1st AWSIM Annual Scientific & Member Assembly on May 8, 2026 — a full-day virtual convening featuring keynote speakers, abstract-driven scientific sessions, interdisciplinary panels, narrative medicine, and the organization's official governance meeting as outlined in the bylaws.



2026 EDUCATIONAL PROGRAMMING PREVIEW

