



What is **BalancedView**?

BalancedView is an evidence-informed resource designed to reduce weight bias and stigma among medical, mental health, allied health and public health professionals to improve patient outcomes across the province.

BalancedView was developed for busy professionals. The 5-module resource is an interactive and online tool that takes approximately 2-3 hours to complete. The resource can be completed any time, from any computer, tablet or smart phone.

How Can I **Participate**?

BalancedView is available free of charge to all health professionals in British Columbia.

**To access BalancedView visit:
www.balancedviewbc.ca**

**For more information contact:
info@balancedviewbc.ca**

What is **Weight Bias**?

Weight bias is defined as the negative weight-related attitudes, beliefs, assumptions and judgments toward individuals who are at the ends of the weight spectrum.