# **Prenatal Practice Evaluation Checklist for Plus-Size Patients**

***How plus-size friendly is your prenatal care practice?***

* Hallways and doorways are comfortably wide
* Waiting room chairs are armless and feel sturdy
* Area for measuring weight is private
  + The scale weighs up to 350 pounds
  + Clients are encouraged to weigh themselves
  + The scale is placed so that I could see my own weight
* Chairs in exam rooms are armless and feel sturdy
* Exam table has stable step that rests on floor and doesn’t tip
  + Exam table is placed so that I could easily move around it
  + Exam table feels sturdy and not tippy
* Plus size gowns are available
* Large blood pressure cuffs are available wherever blood pressure is measured
* Toilet room is large enough for comfortable movement
  + The commode has room on both sides for comfort
  + Urine collection hats are available for specimen collection

*Do you feel respected by the office staff and the providers?*

*Were you offered the choice of having your weight measured during prenatal visits?*

*Was a target weight gain for pregnancy discussed with you?*

*Were you asked about your food preferences or told what to eat?*

*Were the potential complications related to obesity discussed with you?*

*Were the ways that you could help prevent obesity-related complications in pregnancy shared with you?*

*Do you feel comfortable asking questions during your prenatal visit?*