Obesity/Overweight ASSESSMENT Action Steps 5/6/15

Calculate BMI & measure waist circumference

25-29

25-29

>30

<u>></u>40

(overweight)

(overweight with cardiovascular risks)

(obesity)

(extreme obesity)



HISTORY

 Assess cardiovascular risks & obesity -related diseases (e.g., ASCVD, diabetes, HTN, metabolic syndrome, dyslipidemia, gallbladder disease, OA) (see p 11)



PHYSICAL EXAM

- height & weight
- Bp & peripheral pulses,
- auscultate heart & carotids,
- brief exam of weight bearing joints



ANCILLARY STUDIES

- fasting glucose
- HgbA1C
- lipids
- TSH
- ECG?



In depth interview

Weight hx, personal/genetic hx, dietary & lifestyle factors (see Appendix A)



Assess readiness for change & obstacles

See 5 As, appendices B & H.



Triage

- Multi-component, clinic based Tx (14 OV/6 months)
- Clinic based tx + co-managed with assembled team
- Referral to comprehensive multi-discplinary weight loss program

Obesity/Overweight MANAGEMENT Action Steps 5/6/15

Consider relative contraindications

weight cycling, eating disorder, strong genetic/environmental/ psychological obstacles, gallbladder disease, osteoporosis (p. 15)

Set realistic goals

- 5-10% in 6 months
- 2 lbs a week

Recommend comprehensive program

- Diet
- Physical activity
- Behavior change strategies

Diet (p 18 and appendix D)

- Balanced, healthy food
- Reduced carb
- Reduced fat

Behavior change

Motivational interview, short term goals, identify obstacles (see p17), the 5 As (p. 20, appendices H-J)

Physical activity

(p. 19 & appendix G & J)

- Stress test?
- 150 minutes/wk

Consider meal replacement products & dietary supplements

Consider co-management for related disorders

Re-evaluate and plan long term follow up

- 6 month trial
- Follow up (2x/month for 2 years)
- Refer if necessary for more intensive care