Selected References

1. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3595293/
The Disease Management Toolkit: Obesity in Adults (for Primary Care Providers)

**The Role of Primary Care Providers (PCPs)**

The most recent report on obesity from the National Heart, Lung, and Blood Institute[^38] has explicit recommendations for primary care providers (PCPs):

- Obesity is complex, and clients, as are the potential solutions or treatments. For success, PCPs must acknowledge the need for long-term changes in patients’ diet and exercise practices.
- Lifestyle change for weight loss is achievable. Part of the PCPs’ role is assisting patients with weight loss plans and lifestyle behaviors.
- Many diet plans, if supervised by qualified nutrition professionals, can lead to healthy weight loss.
- PCPs may prescribe medications or refer appropriate patients for surgery. When referring patients for bariatric surgery, PCPs should consider issues of experience/expertise and success rates.
- Providers must respect patients and help coach them for success. It is important for providers to have a positive role in the development of an individualized plan.

**Lifestyle change for weight loss**

- **1. Lifestyle changes:**
  - Diet
  - Exercise
  - Behavioral strategies to support these
  - There is strong evidence to support:
    - Reduced-calorie diet with an energy deficit (2000 kcal/day).
    - Comprehensive Besity intervention programs with increased aerobic physical activity (such as brisk walking for 30+ minutes per week, 5+ days a week).
    - Comprehensive Besity Intervention programs can be supported by behavioral strategies such as regular self-monitoring, including monitoring of food intake, physical activity, and weight.

- **2. Medications:**
  - Diuretics
  - Impair absorption
  - Increase energy expenditure

**Dietary therapy**

- Eating disorders and anorexia nervosa
- Vitamin and mineral deficiencies
- Malabsorption
- Infections (e.g., tuberculosis)

**Side effects of medications as noted under Treatment above.**

**Potential Consequences of Weight Loss**

- **Increased energy expenditure**
- **Increased insulin sensitivity**
- **Reduced risk of hypertension and dyslipidemia**
- **Reduced risk of Type 2 Diabetes**
- **Reduced risk of cardiovascular disease**
- **Reduced risk of certain cancers**

**Potential Benefits of Weight Loss**

- Weight loss has been associated with a decrease of risk factors noted earlier in this document.

**Weight Loss**

- Treatment may include:
  - Increase energy expenditure
  - Decrease intake
  - Behavioral strategies to support these

**Behavior Therapy**

- Motivational interviewing
- Cognitive behavioral therapy
- Mindfulness-based interventions

**Weight Loss Surgery**

- Consider if other weight loss attempts have failed.
- Vertical sleeve gastrectomy or gastric bypass

**Potential Consequences of Weight Loss**

- **Bone health**
- **Sleep quality**
- **Mood and anxiety**
- **Social interactions**
- **Physical function**

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**Additional Resources**

- STOP Obesity Alliance - http://www.stopobesityalliance.org/
- The Institute for Quality Improvement (IHI) - http://www.ihi.org

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Personal/internal use may be downloaded in electronic format or multiple printed copies may be ordered here: www.aaahc.org/institute. The process chart is adapted from NIH guidelines 2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults http://www.ama-assn.org/publications/ama-guideline-management-overweight-obesity-adults