Obesity
−Patient Engagement

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WELL-AHEAD

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Today
-Obesity Guidelines
-Understanding Challenges
-Navigating Challenges

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DIAGNOSIS AND MEDICAL MANAGEMENT OF OBESITY

DIAGNOSIS		COMPLICATION-SPECIFIC STAGING AND TREATMENT		
Anthropometric Component (BMI kg/m²)	Clinical Component	Disease Stage	Chronic Disease Phase of Prevention	Suggested Therapy (based on clinical judgment)
→	→	→	→	→
<25 **<23 in certain ethnicities** **waist circumference below regional/ethnic cutoffs**		**Normal weight** (no obesity)	**Primary**	• **Healthy lifestyle:** healthy meal plan/physical activity
25–29.9 23–24.9 in certain ethnicities	Evaluate for presence or absence of adiposity-related complications and severity of complications • Metabolic syndrome • Prediabetes • Type 2 diabetes • Dyslipidemia • Hypertension • Cardiovascular disease • Nonalcoholic fatty liver disease • Polycystic ovary syndrome • Female infertility • Male hypogonadism • Obstructive sleep apnea • Asthma/reactive airway disease • Osteoarthritis • Urinary stress incontinence • Gastroesophageal reflux disease • Depression	**Overweight stage 0** (no complications)	**Secondary**	• **Lifestyle therapy:** Reduced-calorie healthy meal plan/physical activity/behavioral interventions
≥30 ≥25 in certain ethnicities		**Obesity stage 0** (no complications)	**Secondary**	• **Lifestyle therapy:** Reduced-calorie healthy meal plan/physical activity/behavioral interventions • **Weight-loss medications:** Consider after lifestyle therapy fails to prevent progressive weight gain. (BMI ≥27)
≥25 ≥23 in certain ethnicities		**Obesity stage 1** (1 or more mild-moderate complications)	**Tertiary**	• **Lifestyle therapy:** Reduced-calorie healthy meal plan/physical activity/behavioral interventions • **Weight-loss medications:** Consider after lifestyle therapy fails to achieve therapeutic target or initiate concurrent with lifestyle therapy. (BMI ≥27)
≥25 ≥23 in certain ethnicities		**Obesity stage 2** (at least 1 severe complication)	**Tertiary**	• **Lifestyle therapy:** Reduced-calorie healthy meal plan/physical activity/behavioral interventions • **Add weight-loss medication:** Initiate concurrent with lifestyle therapy. (BMI ≥27) • **Consider bariatric surgery:** (BMI ≥35)

AACE Obesity Guidelines.pdf

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Patients with Obesity have *Common* Challenges

- Social Stigma

- Lack of Self-Efficacy

- Unrealistic Expectations
    - Social Media
    - Diet and Fitness Myths

- Chronic Disease – Burden

- Individual
    - Biologic
    - Genetic
    - Environmental
    - Family Dynamics
    - Work and Community Dynamics

Obesity – Comorbidities -Challenges

- HTN*
- Type 2 Diabetes*
- Dyslipidemia*
- Gastroesophageal Reflux
- Osteoarthritis
  - Knees
  - Hips
  - Spine

- Urinary Incontinence
- Obstructive Sleep Apnea*
- Insomnia
- Mobility BMI >35

5 A's

- **Ask** – Initiate Dialog
  - Permission / Timing Critical

- **Assess**
  - Weight Hx
    - Milestones
    - What worked and why
  - Individual Drivers
  - Individual - Risk Factors

5 As

- **Advise** - Collaborate
  - Manage expectations
    - Weight loss rate
    - Obesity - Chronic Disease
    - Strategies Lifestyle and Medication Options

5 As

- **Agree** – Positive Encouragement
  - Creativity
  - Perfectionism – Barrier
  - SMART Goals – Problem Solving
    - Specific
    - Measurable
    - Achievable
    - Relevant
    - Timely

The Wellness goals I (name) _Jane Doe_ have chosen to focus on are:

#1
My Wellness goal is : _Walking 30 minutes every day._

- In order to meet this goal, I will : _ask my sister to ask me about it._
- What will make it hard to reach my goal? _being tired after work_
- What will help? _Walking before work._
- I am (Not confident 1 2 3 ④ 5 Very Confident) that I will reach my goal.

S - Specific
M – Measurable
A – Attainable
R – Realistic
T - Time

5 As

- **Assist**
  - *Frequent* Touch Points = reinforce new skills
  - Connect to Community
    - Book Club
    - Church Community – Empower Your Patient to Lead
    - Work - Lunch Group

  - Refer
    - RD
    - Book
    - Diabetes Self-Care Management Program
      - Spin off a group
    - Weight Watchers
    - Physical Therapy & Rehab Programs
      - Improve Mobility - Confidence

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In your Clinic
- Frequent Touch Points
  - 2 and 4 week visits.
  - Quarterly
  - Progress and Management q time.
- Staff Education
  - Referral sources
  - Professional Organizations
- Obesity Protocols
  - Vit D ex.
  - Weight Hx graph – Initial

Thank You!