Obesity Care Counseling for Primary Care Checklist

The goal of obesity care is to promote health and improve quality of life, not the number on a scale.

- Challenge common misconceptions.
 Successful obesity care is NOT a matter of will power or self-discipline.
 - Clarify that your patient living with obesity does not lack willpower.
 - Obesity-related biases are prevalent, which often prevent the patient from seeking help.
 - Emphasize that obesity is a disease.
- Recognize obesity is a complex disease.

Discuss the need to individualize care, which may include factors such as:

- genetics
- sleep
- mental health
- trauma
- stress
- weight-promoting medications.



Assess readiness, self-efficacy, and support.

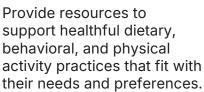
Address your patient's perceived barriers to obesity care. Assess their confidence in lifestyle changes and provide the level of desired support to ensure their success.

- Consider patient-centered evidence-based interventions for obesity care:
 - Lifestyle modifications, pharmacotherapy, and bariatric surgery

- Re-evaluate effectiveness of obesity care interventions on a regular basis.
- Offer patients long-term support.

Obesity requires long-term care, similar to other chronic diseases, such as diabetes or heart disease.

Recommend interprofessional approach.





- Obesign an obesity care plan that targets improvement in obesity-related complications.
 - Explain the potential average weight loss response for each type of treatment intervention.
 - Emphasize that obesity care is not about numbers. There is not an ideal weight that is applicable to everyone.
 - Support your patient's need to change goals over time to fit their needs and values.