

# 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.**

Provide resources to support healthful dietary, behavioral, and physical activity practices that fit with their needs and preferences.



✔ **Design 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.