

Aligning Treatment Goals with Obesity Care

A practical guide to person-centered obesity treatment

Weight-management goals should be individualized and developed through shared decision-making after obtaining permission to discuss weight. Goals should reflect an individual's health needs, preferences, and priorities.

Because treatment responses vary, aligning expectations with the best available evidence can support meaningful outcomes. An interprofessional approach can help individuals achieve and sustain their goals.



1 Pre-Treatment Assessment

Assess

- Medical history
- Physical examination and appropriate laboratory/diagnostic testing
- Weight history and previous treatment experiences
- Obesity-related complications and comorbidities
- Mental and behavioral health concerns
- Social determinants and barriers to care
- Current weight-promoting medications

4 Incorporate Lifestyle Interventions

Lifestyle therapy remains the foundation

Nutrition

- Personalized nutrition plan
- Referral to registered dietitian nutritionist when appropriate

Physical Activity

- Regular aerobic activity—150 min per week
- Encourage resistance training

Behavioral Support

- Behavioral modification strategies
- Ongoing follow-up and support

2 Set Realistic Expectations with the Individual

Establish realistic, individualized treatment goals through shared decision making

- Prioritize therapies most likely to achieve treatment goals
- Match treatment to obesity-related complications and other health conditions
- Discuss benefits, risks, and individual preferences



5 Medication Treatment Options

Discuss medication options and establish treatment expectations

- Consider efficacy, safety, cost, access, and tolerability
- Discuss realistic expectations, including that treatment response varies and progress may be gradual and include plateaus
- Success includes improvements in health, function, quality of life, and weight-related complications
- Long-term treatment and support are often needed

3 Define the Goal with the Individual

Set Incremental health goals with the individual

- ≥5% weight reduction may improve cardiometabolic risk factors
- ≥10% weight reduction may improve many obesity-related complications
- ≥15% weight reduction may provide greater benefit for select conditions

6 Monitor

Monitor progress and adjust care

- Review health outcomes and treatment goals regularly
- Monitor efficacy, tolerability, and adherence
- Continue lifestyle and behavioral support
- If medication is initiated, reinforce that this is part of a comprehensive long-term treatment plan
- Modify treatment based on response and individual priorities
- Celebrate health improvements beyond the scale