OBESITY IN ADULTS

A clinical practice guideline



BMI IS NOT AN ACCURATE TOOL FOR IDENTIFYING OBESITY-RELATED COMPLICATIONS

Obesity complex disease in which abnormal or excess body fat impairs health

Effects:

▼ health

▼ quality of life

▼ lifespan

People with obesity experience weight bias and stigma



increased complications and mortality independent of weight or BMI

Weight bias thinking that people with obesity do not have enough willpower or are not cooperative

Stigma acting on weight-biased beliefs

THE PATIENT JOURNEY IN OBESITY MANAGEMENT



ASK PERMISSION

"Would it be all right if we discussed your weight?"

Asking permission

- · Shows compassion and empathy
- · Builds patient-provider trust



Medical nutrition therapy

ADVISE ON

MANAGEMENT

 Personalized counselling by a registered dietitian with a focus on healthy food choices and evidence-based nutrition therapy



 30-60 min of moderate to vigorous activity most days



ASSESS THEIR STORY

- · Goals that matter to the patient
- Obesity classification (BMI and waist circumference)
- Disease severity (Edmonton Obesity Staging System)





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Psychological

- Cognitive approach to behaviour change
- Manage sleep, time and stress
- Psychotherapy if appropriate

Medications

 For weight loss and to help maintain weight

Bariatric surgery

Surgeon–patient discussion

Treating the root causes of weight gain is the foundation of obesity management

Focus on patient-centred health outcomes versus weight loss alone













AGREE ON GOALS

Collaborate on a personalized, sustainable action plan



ASSIST WITH DRIVERS AND BARRIERS





