

CLINICAL ENCOUNTERS: OBESITY

MEDICAL STUDENT RESOURCES

BASICS OF OBESITY MEDICINE

Introduction to Obesity Medicine and Evaluating Patient Body Mass

- [Directory of Diplomates, American Board of Obesity Medicine](#) Search a Directory of Diplomates to find specialists in Obesity Medicine, by name or location
- [NHLBI Calculate Your Body Mass Index](#) A BMI Calculator is provided. Enter height in feet and inches and weight in pounds to obtain the BMI for adult men or women. Includes a downloadable BMI Calculator phone app.
- [VA/DoD clinical practice guideline for screening and management of overweight and obesity](#) Guidelines for screening and treatment of obesity by the VA/DOD
- [Obesity Treatment Guidelines Based on Body Mass Measurement and Comorbidities](#) These are the 2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults

Obesity-Related Comorbidities

- [Article: The questionnaire on eating and weight patterns-5 \(QEW5\)](#) The QEW5 is a revised version of the QEW-R, updated to reflect Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition criteria for Binge Eating Disorder
- [Directory of Diplomates, American Board of Obesity Medicine](#) Search a Directory of Diplomates to find specialists in Obesity Medicine, by name or location
- [National Diabetes Prevention Programs. Find One in Your Area](#) The National Diabetes Prevention Program is a national partnership, community-based intervention designed to prevent or delay the onset of type 2 diabetes through evidenced-based lifestyle changes. (From the website.)
- [NHLBI Lifestyle Interventions to Reduce Cardiovascular Risk](#) An evidence review from the Lifestyle Work Group on lifestyle interventions to reduce cardiovascular risk
- [PAR-Q & You](#) The PAR-Q will tell you if you should check with your doctor before you start.
- [PARmed-X](#) The PARmed-X is a physical activity-specific checklist to be used by a physician with patients who have had positive responses to the Physical Activity Readiness Questionnaire (PAR-Q).
- [Screening Form – Questionnaire on Eating and Weight Patterns](#) Form used to evaluate for binge eating disorder
- [VA/DoD clinical practice guideline for screening and management of overweight and obesity](#) Guidelines for screening and treatment of obesity by the VA/DOD
- [Weight-Related Comorbidities](#) These are the risk levels of common weight-related comorbidities

MOTIVATING PATIENTS AND LIFESTYLE CHANGES

Dietary Recommendations for Patients

- [10 Tips to Wisely Celebrate Healthier Foods and Customs](#) As a diverse Nation, we can embrace our cultural traditions for the foods we love and still prepare them in healthier ways. This involves being creative with favorite recipes by substituting foods and ingredients that are less healthy with flavorful and appealing choices that still help remind us of our treasured foodways.
- [2015-2020 Dietary Guidelines Appendix 2. Estimated Calorie Needs per Day, by Age, Sex, and Physical Activity Level](#) This is the second appendix of the Dietary Guidelines for Americans 2015-2020 8th edition. The US Department of Health and Human Services and the US Department of Agriculture developed this list of recommended caloric intake for Americans based on age, sex and activity level.
- [2015-2020 Dietary Guidelines Appendix 3. USDA Food Patterns: Healthy U.S.-Style Eating Pattern](#) This is the third appendix in the Dietary Guidelines for Americans 2015-2020. The US Department of Health and Human Services and the US Department of Agriculture developed this set of guidelines outlining recommended amounts of food from each food group at different calorie levels.
- [Body and soul: A guide for using the church as a community method for improving the diets of African-Americans](#) A dietary intervention conducted through African-American churches by two research universities, a national voluntary agency (American Cancer Society), and the National Institutes of Health. This intervention aimed to disseminate and evaluate under real-world conditions the impact of previously developed dietary interventions for African Americans.
- [CDC My Food Diary](#) Food diary from CDC
- [ChooseMyPlate](#) A resource that shows your food group targets and what and how much to eat within your calorie allowance. Your food plan is personalized, based on your dietary needs and activity level.
- [DASH Diet Meals](#) Example meals of the DASH Diet
- [DASH Eating Plan](#) A guide to following the Dietary Approaches to Stop Hypertension (DASH) eating plan involving a reduction in sodium consumption. This guide explains hypertension and the risks it carries and includes heart-healthy recipes for improved nutrition.
- [Guide to Understanding Halal Foods](#) A guide to understanding Halal foods.
- [Information on the Evidence Analysis Library \(EAL\)](#) Information on the EAL and their evidence analysis methodology
- [Interactive Dietary Reference Intake Calculator](#) An interactive tool useful for health professionals in calculating daily nutrient recommendations for dietary planning based on the Dietary Reference Intakes (DRIs). This tool uses individuals' sex, age, height, weight, and activity level to generate general nutrition recommendations. Individual requirements may be higher or lower than the DRIs.
- [Kosher Diet: Basic Introductory Guide](#) Kosher Food: Everything you need to know
- [Mediterranean Diet Food Glossary](#) List of common Mediterranean foods
- [NHLBI Daily Food and Activity Diary](#) Food and fitness tracker from NHLBI

- [NIH Body Weight Planner](#) Online tool presented by the NIDDK that calculates caloric needs in order to lose weight, considering factors of height, weight, activity level and also the fact that the body's energy needs change as you lose weight.
- [Position of the American Dietetic Association: Weight Management](#) This position paper by the ADA uses their Evidence Analysis Process and information from the ADA's Evidence Analysis Library to rate the evidence for benefit vs harm of approaches to successful weight management.
- [Traditional Mediterranean Diet List](#) Traditional Mediterranean meals feature foods grown all around the Mediterranean Sea and enjoyed along with lifestyle factors typical of this region.
- [USDA Food Patterns: Healthy Mediterranean-Style Eating Pattern](#)
- This is the fourth appendix of the Dietary Guidelines for Americans 2015-2020. The US Department of Health and Human Services and the US Department of Agriculture developed this set of guidelines to outline recommended amounts of food from each food group, at different calorie levels, corresponding with a Mediterranean-style diet.
- [USDA Food Patterns: Healthy Vegetarian Eating Pattern](#) This is the fifth appendix of the Dietary Guidelines for Americans 2015-2020. The US Department of Health and Human Services and the US Department of Agriculture developed this set of guidelines outlining recommended amounts of food from each food group at different calorie levels, based on a vegetarian diet.
- [WebMD Food Journal](#) Food tracker from WebMD
- [Weight Loss and Nutrition Myths](#) A discussion of myths surrounding weight loss with facts and tips about weight loss, nutrition, and physical activity to dispel common misunderstandings. Suggestions for improving and implementing healthy habits are included.

Lifestyle Change

- [2015-2020 Dietary Guidelines. Appendix 1. Physical Activity Guidelines](#) This is the first appendix of the Dietary Guidelines for Americans 2015-2020. The US Department of Health and Human Services developed this set of guidelines for recommended physical activity. The guidelines are separated by age group, adolescents, adults, and older adults.
- [ChooseMyPlate.gov](#) Teaches food groups, balancing calories, foods to increase, foods to reduce, modifications for different groups of people, such as kids, those losing weight, pregnant women.
- [Exercise is an effective intervention in overweight and obese patients](#) "Putting Evidence into Practice" article for clinicians, based on a 2006 Cochrane review of the evidence for the effectiveness of exercise in treating overweight and obesity.
- [National Diabetes Prevention Programs. Find One in Your Area](#) The National Diabetes Prevention Program is a national partnership, community-based intervention designed to prevent or delay the onset of type 2 diabetes through evidenced-based lifestyle changes. (From the website.)
- [NIH/NHLBI Daily Food and Activity Diary](#) Keeping a record of daily food intake can help patients stay on track when trying to lose weight or maintain a healthy weight and activity levels. It also will give the doctor or health care provider a quick way to check a patient's progress.

- [Physical Activity Assessment Tool](#) An assessment tool for use with patients to determine their level of physical activity and other information that will help providers make brief interventions to improve patient physical activity.
- [Starting the Conversation](#) A brief, 8-item Diet Scale for primary care and health prevention developed by: UNC, NC Prevention Partners, and Heart Disease and Stroke Prevention Branch, NC DHHS).

Motivating Patients to Lose Weight

- [Patient Readiness Checklist](#) Roadmaps for Clinical Practice: Case Studies in Disease Prevention and Health Promotion, Assessment and Management of Adult Obesity: A Primer for Physicians, Assessing Readiness and Making Treatment Decisions, Booklet 3, Assessing Readiness and Making Treatment Decisions, see page 6 to more thoroughly evaluate patient's readiness.
- [Using Motivational Interviewing to Promote Healthy Weight](#) A MD gives examples of how to use 6 key skills from Motivational Interviewing to encouraging patients to talk about their goals and achieve long-term change.
- [Readiness to Change Ruler and Questions](#) The readiness to change ruler is used to assess your patient's willingness to change. This can be especially important when attempting to assist your patient with behavioral change for disease prevention, such as obesity.

BIOLOGY AND ADJUNCTIVE TREATMENTS

Obesity Biology and Weight-Loss Medications

- [2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults](#) These are the newest guidelines written by experts from the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and The Obesity Society. The guidelines also include a detailed treatment algorithm – The Chronic Disease Management Model for Primary Care of Patients with Overweight and Obesity. This algorithm is intended to guide providers in the evaluation, prevention, and management of patients who are overweight or obese. Endorsed by the American Association of Family Physicians.
- [Natural Medicines in the Clinical Management of Overweight and Obesity](#) Includes brief descriptions and research on many weight loss supplements.
- [Orlistat 60 mg Information](#) Orlistat 60 mg (Alli) Information
- [Orlistat 120 mg Package Insert](#) Orlistat 120 mg Package Insert

Weight-Loss Surgery

- [2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults](#) - These guidelines are written by experts from the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and The Obesity Society. The guidelines also include a detailed treatment algorithm – The Chronic Disease Management Model for Primary Care of Patients with Overweight and Obesity. This algorithm is intended to guide

providers in the evaluation, prevention, and management of patients who are overweight or obese. Endorsed by the American Association of Family Physicians.

- [Surgical Management of Obesity](#) - Review of the literature describing the common surgical procedures and emerging procedures, their effectiveness, and their safety. By Nudel and Sanchez, 2019.
- [Bariatric Surgery Types](#) - The following descriptions of types of bariatric surgery provide information on their effectiveness for weight-loss, risks, indications, side effects, and requirements for changes you need to make, for example, in your diet, all of which should be discussed with your provider.
- [NIDDK Bariatric Surgery for Severe Obesity](#) - This publication contains information on bariatric surgery for adults/youth, normal digestive processes, types of surgery, medical costs, and research
- [Your Diet After Gastric Bypass Surgery](#) - Guidelines for dieting following gastric bypass surgery