

CLINICAL PRACTICE GUIDELINE NAME:	<i>Obesity Assessment and Treatment</i>
ORIGINAL DATE APPROVED BY QMC:	11/05 IHN
DATES RE-REVIEWED BY QMC:	9/10 SHPO

GUIDELINE DESCRIPTION:

This guideline provides facts about overweight and obesity and guidelines for physicians and other health care providers on assessment, education, treatment and referral of overweight and obese adults, children and adolescents.

FACTS ABOUT OVERWEIGHT AND OBESITY:

1. Overweight and obesity pose a major public health challenge as a leading cause of preventable death in the U.S.
2. In the U.S., between 1980 and 2008 the prevalence of obesity in adults more than doubled from 13% to 34% and more than tripled in children and adolescents from 5% to 17%.
3. In 2006, the estimated cost of obesity in the United States was \$147 billion.
4. Diseases associated with obesity accounted for 27% of the increases in medical costs in the U.S. from 1987 to 2001.
5. In 2009 the obesity rate in Oregon was 23.0%.
6. Obese adults are at increased risk for coronary heart disease, hypertension, stroke, type 2 diabetes, some types of cancer, and premature death.
7. Risk factors for heart disease, such as high cholesterol and high blood pressure, occur with increased frequency in overweight adults, children and adolescents compared to those with a healthy weight.
8. Overweight and obesity are closely linked to type 2 diabetes for both adults and children/adolescents.
9. Overweight adolescents have a 70% chance of becoming obese adults.
10. Patient involvement and commitment is crucial to the success of obesity prevention or reduction.

REFERENCES:

1. National Institutes of Health (NIH) – National Heart, Lung and Blood Institute “The Practical Guide Identification, Evaluation and Treatment of Overweight and Obesity in Adults October 2000.
http://www.nhlbi.nih.gov/guidelines/obesity/prctgd_c.pdf
2. The Surgeon General’s Vision for a Healthy and Fit Nation, 2010.
3. Center for Disease Control and Prevention (CDC)

"These recommendations are designed to be guidelines but do not guarantee coverage by each plan. For coverage/benefit information please contact our customer care department."

GUIDELINES OBESITY

ASSESS	<p><u>Determination of the degree of obesity and overall health risk status:</u></p> <ul style="list-style-type: none"> – Calculate Body Mass Index (BMI) <ul style="list-style-type: none"> ○ Adults: use BMI formula or an approved BMI chart <table border="1" style="margin-left: 20px;"> <tr> <td style="padding: 5px;">BMI = (</td> <td style="padding: 5px; text-align: center;">$\frac{\text{Weight in pounds}}{[\text{Height in inches}]^2}$</td> <td style="padding: 5px;">) x 703</td> </tr> </table> ○ Children: <table border="1" style="margin-left: 20px;"> <tr> <td style="padding: 5px;">BMI =</td> <td style="padding: 5px; text-align: center;">$\frac{\text{Weight in Kg}}{[\text{Height in meters}]^2}$</td> <td style="padding: 5px;">Then plot on CDC growth chart. 85% = over weight 95% = obese</td> </tr> </table> – Calculate BMI for all children older than 2 years – Measure waist circumference (waist circumference is positively correlated with abdominal fat content) – Determine patient’s risk status for diseases and conditions associated with obesity (i.e. cardiovascular disease risk factors, diabetes, etc) – Determine patient’s readiness and motivation to make lifestyle changes (individual’s goals) – Determine patient’s tobacco usage 	BMI = ($\frac{\text{Weight in pounds}}{[\text{Height in inches}]^2}$) x 703	BMI =	$\frac{\text{Weight in Kg}}{[\text{Height in meters}]^2}$	Then plot on CDC growth chart. 85% = over weight 95% = obese
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EDUCATE	<ul style="list-style-type: none"> – Discuss the patient’s weight with them and the risks associated with obesity (be specific about the risk factors they currently have associated with being overweight or obese and those that could develop) – Discuss the child’s or adolescent’s weight with the parent or guardian and the risks associated with obesity (be specific about the risk factors they currently have associated with being overweight or obese and those that could develop) – Discuss the link of obesity between parents and their children or adolescents 						
TREAT	<ul style="list-style-type: none"> – Recommend appropriate lifestyle changes (the combination of a reduced calorie diet and increased physical activity is recommended since it produces weight loss, decreases abdominal fat and increases cardiorespiratory fitness). – Recommend behavior therapy as appropriate (designed to improve eating and physical activity habits for lifelong maintenance) – Recommend pharmacotherapy as appropriate – Recommend tobacco cessation for all patients that use tobacco [see Tobacco Cessation Guideline for details] 						