

OBESITY CLINICAL PRACTICE GUIDELINES

The following guidelines are applicable for patients age 18 and older who have a diagnosis of Obesity. For these patients, their medical record will contain documentation of the following:

1. Classification of Overweight and Obesity:
 - a. Overweight- BMI greater than 25-30
 - b. Obese-BMI greater than 30-39.9
 - c. Severe Obesity-BMI greater than 40
2. Clinical assessments to include:
 - a. Assess for drugs that may be causing obesity
 - b. Assess for psychological factors
 - c. Use one of the following methods for assessing degree of excessive weight
 - BMI (Goal 18.5-24.9)
 - Waist to hip ratio (Goal <0.8 for women and <1.0 for men)
 - Waist circumference(Goal men less 40 inches, women less than 35 inches)
 - d. Lab testing to include: chemistry profile, fasting glucose, lipid profile, TSH
 - e. Blood pressure (Goal <120/80)
3. Precautionary measures including:
 - a. Educate patient about the overall health benefits of modest weight loss (5%-10% of body weight)
 - b. Help patient set realistic goals, generally 1 pound per week
 - c. Emphasize gradual change in behavior over time
4. Assess lifestyle habits:
 - a. Smoking status
 - b. Physical activity and exercise
5. Nutritional counseling to include:
 - a. Instruction on a reduced calorie diet
 - b. Weight loss and weight maintenance therapy
 - c. Referral to a nutritionist or dietitian

Source: NIH- The Practical Guide Identification, Evaluation and Treatment of Overweight and Obesity in Adults NIH Pub 00-4084