

Weight Management

in Community Health: Bridging Systems & Care Coordination



RAPID RECAP/KEY TAKEAWAYS

Learning Objectives:

- Identify barriers to diagnosing and treating obesity for patients in your healthcare center
- Evaluate various screening tools for obesity and determine their appropriateness in different clinical scenarios
- Create a comprehensive obesity treatment plan that incorporates a multidisciplinary approach for management

Process Mapping for Identifying Barriers:

- A flowchart is a visual representation of a workflow
- Typically focuses on current process
- Used to design optimized and future processes
- Helps to identify delays, bottlenecks, duplicate work, gaps, etc
- Begin by identifying start and end points

Tips for Designing Flowcharts:

- Limit flowchart to 6-9 steps to maintain a high-level overview
- Map out the most frequently occurring processes and avoid mapping infrequent steps
- Anticipate several meetings to complete this process
- Expect disagreements and involve other team members for clarification
- Use shapes, colors, and symbols to identify delays, roles, etc

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Screening Tools for Assessing Obesity:

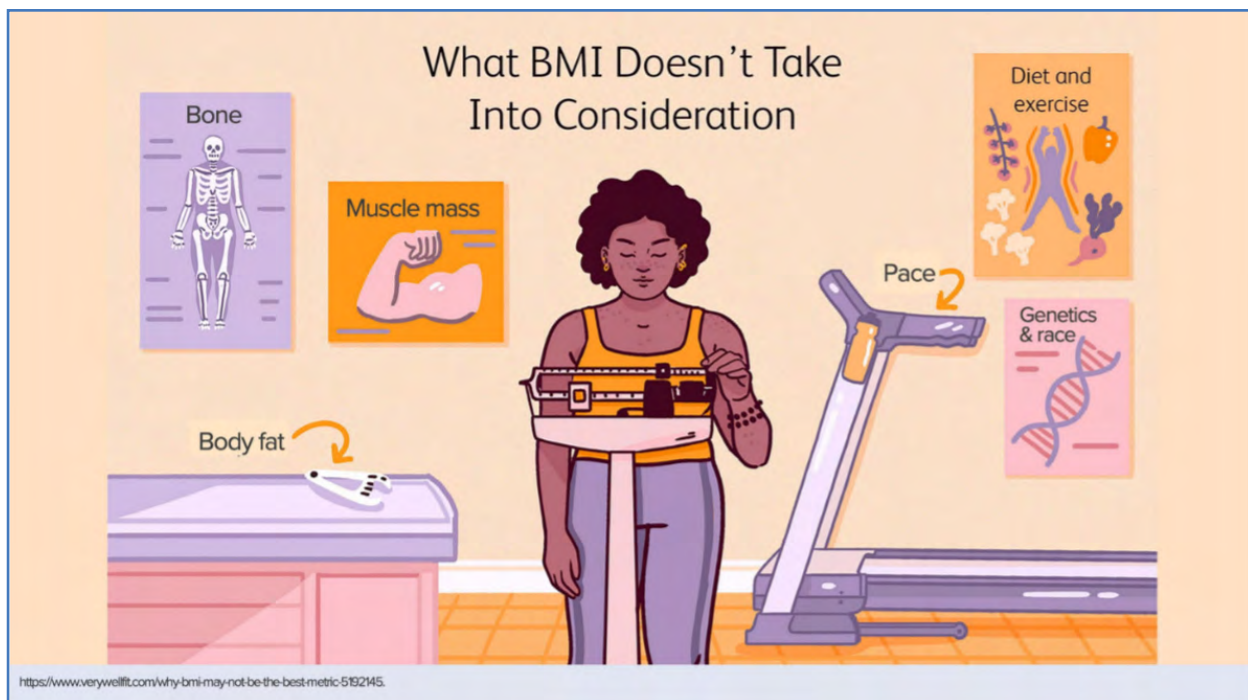
Body mass index
(BMI)

Waist
circumference

Waist-to-hip
ratio

Skinfold
measurements

Bioelectrical
impedance
analysis (BIA)



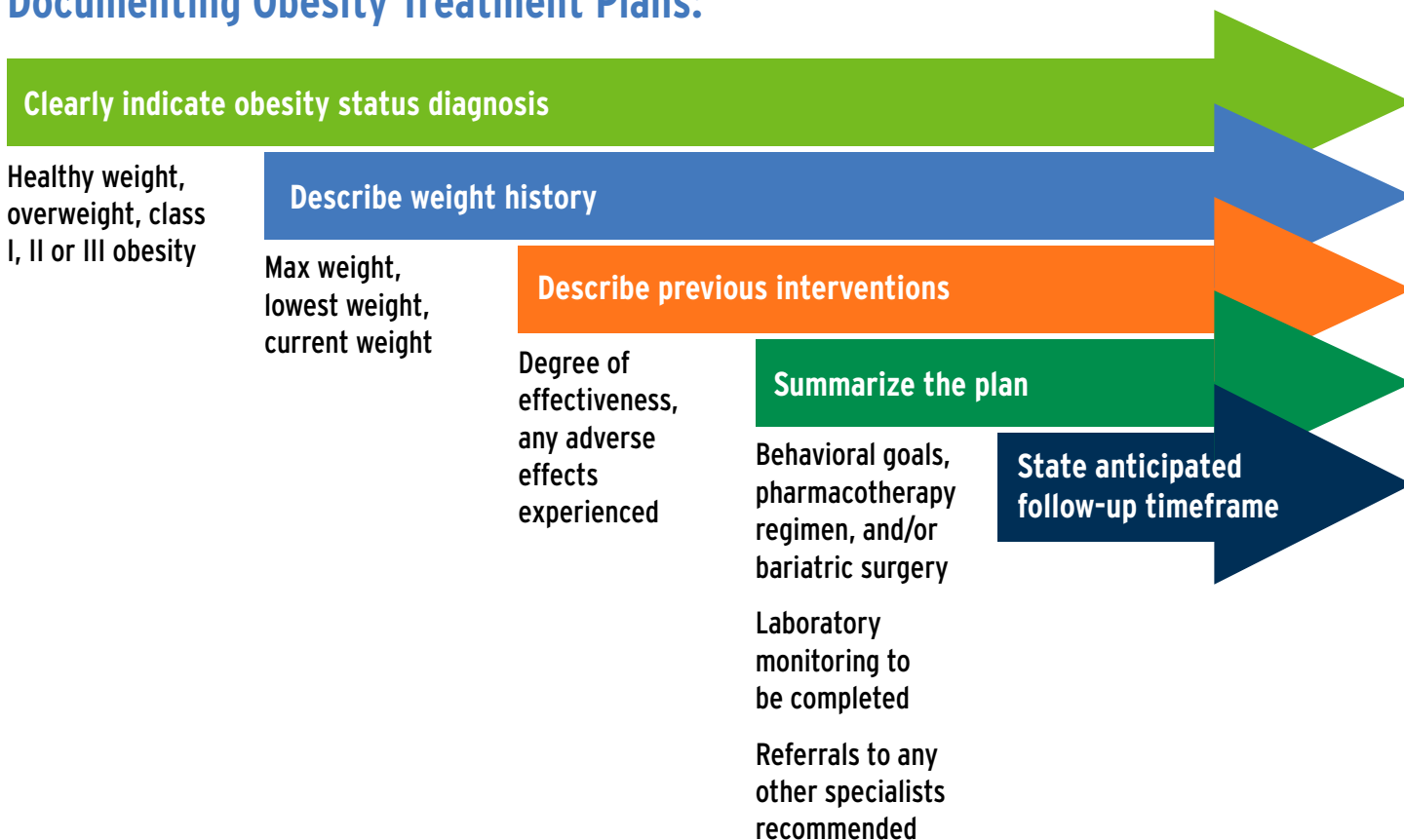
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Documenting Obesity Treatment Plans:



Key Takeaways:

- There are several different screening methods to assess and evaluate the presence and severity of obesity, each with distinct pros and cons
- A comprehensive obesity treatment plan includes behavioral and lifestyle approaches, as well as pharmacotherapy and/or bariatric surgery for those who meet criteria
- Structured documentation of the obesity medical evaluation and treatment plan is vital for clarity and continuity of care

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References and Resources:

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Agency for Healthcare Research and Quality. Obesity and weight management for the primary care setting. Accessed July 11, 2024. <https://www.ahrq.gov/ncepcr/tools/obesity/obpcp-tool7.html>

MedlinePlus. Accessed May 21, 2024. <https://medlineplus.gov/lab-tests/obesity-screening/>

Hu, F. (2008) Measurements of Adiposity and Body Composition. In: Hu, F.B., Ed., *Obesity Epidemiology*, Oxford University Press, New York, 53-83.