

# Weight Management

## in Community Health:

### Bridging Systems & Care Coordination



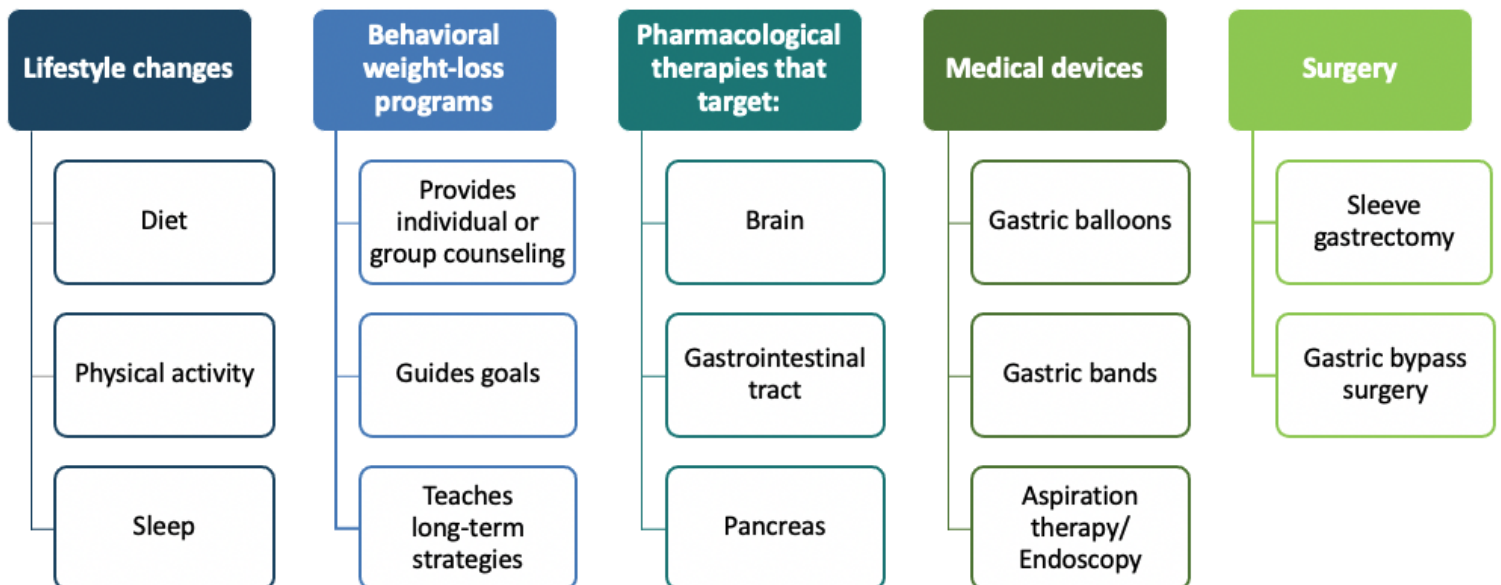
## RAPID RECAP/KEY TAKEAWAYS

### Learning Objectives:

- Describe the various medical and pharmacological treatments available for obesity
- Identify barriers to treating and managing obesity in patients of your healthcare center
- Formulate an improvement plan for establishing treatment plans for patients with obesity in your healthcare center

### Clinical Landscape for Managing Patients With Obesity<sup>1</sup>

The foundation of obesity management plans always includes lifestyle modifications as well as behavioral, pharmacological, and surgical/device options.



# Weight Management

## in Community Health: Bridging Systems & Care Coordination



## RAPID RECAP/KEY TAKEAWAYS

### Treatment Recommendations for Obesity Based on the AHA/ACC/TOS Obesity Guidelines<sup>2</sup>

Treatment	BMI category (kg/m <sup>2</sup> )				
	25-26.9	27-29.9	30-34.9	35-39.9	> 40
Lifestyle: diet, physical activity, behavior therapy	With comorbidities	With comorbidities	+	+	+
Pharmacotherapy		With comorbidities	+	+	+
Endoscopy			+	+	As bridge therapy
Surgery				With comorbidities	+

# Weight Management

in Community Health:

Bridging Systems & Care Coordination



## RAPID RECAP/KEY TAKEAWAYS

### Barriers to Therapy<sup>3</sup>

#### Patient factors

- Lack of recognition of obesity as a chronic and relapsing disease
- Misbelief and misinformation
- Environmental factors
- Cost
- Comorbidities and medications

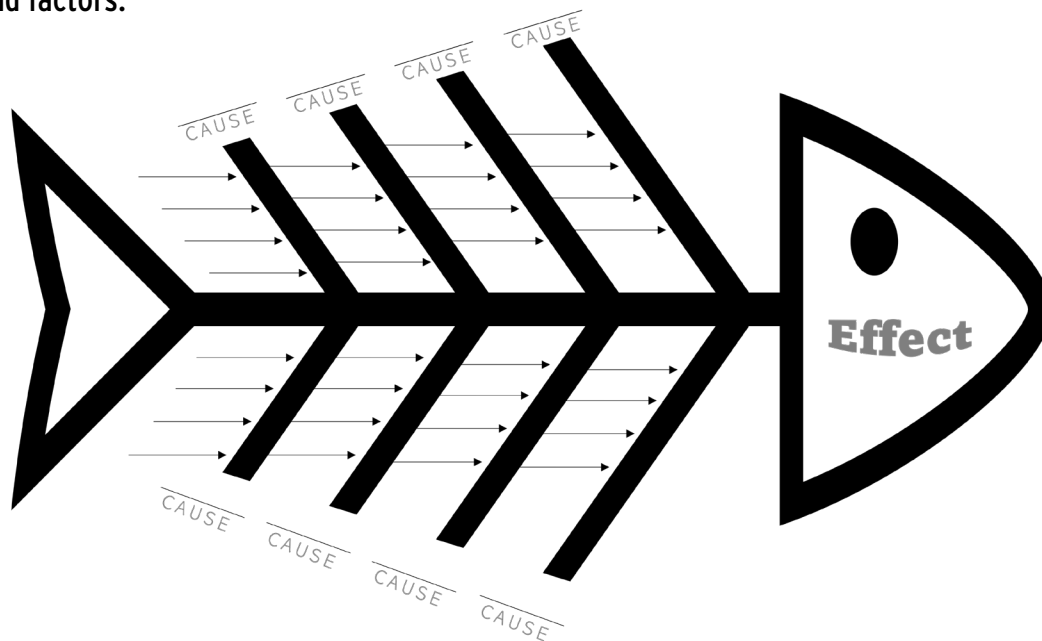
**Barriers to obesity management**

#### Physician factors

- Lack of time during general practice consultations
- Insufficient training and counseling skills in obesity
- Lack of a formal diagnosis of obesity

### Tips for Creating a Fishbone Diagram<sup>4</sup>

A fishbone diagram is a structured approach for brainstorming causes of a problem. When brainstorming categories and factors:



# Weight Management

## in Community Health: Bridging Systems & Care Coordination



## RAPID RECAP/KEY TAKEAWAYS

### Tips for Creating a Fishbone Diagram<sup>4</sup>

- Focus on identifying causes, not solutions. If solutions arise, record them separately without spending time on them
- Ask “WHY” for each factor using the 5-Why Approach
- Keep the team focused on causes rather than symptoms, as symptoms indicate something isn't working, while causes explain why the problem occurred
- Use a whiteboard or sticky notes, ensuring the information is legible and movable
- Leave enough space between categories to accommodate additional factors that may arise
- Some team members can form a subcommittee to focus on 1-2 categories
- Categories can be included as agenda items for team meetings

### Key Takeaways:

- Obesity is a complex, chronic, and multifactorial condition characterized by excess body fat and requiring long-term care, support, and follow-up
- Effective obesity treatment involves collaboration with professionals in nutrition, behavior, and physical activity as well as medical professionals for pharmacotherapy and surgical treatment in more severe cases
- Clinicians should be cognizant of the effects of weight stigma and bias, and be mindful of actions they can take to support their patients' physical and mental wellbeing

### References and Resources:

Cornier MA. [A review of current guidelines for the treatment of obesity](#). *Am J Manag Care*. 2022;28(15 Suppl):S288-S296.

Acosta A, Streett S, Kroh MD, et al. [White paper aqa: power - practice guide on obesity and weight management, education, and resources](#). *Clin Gastroenterol Hepatol*. 2017;15(5):631-649.e10.

Kim TN. [Barriers to obesity management: patient and physician factors](#). *J Obes Metab Syndr*. 2020;29(4):244-247.

Agency for Healthcare Research and Quality. Job aid: the five whys. Accessed July 24, 2024. <https://www.ahrq.gov/sites/default/files/wysiwyg/ncepcr/resources/job-aid-5-whys.pdf>