

Weight Management

in Community Health: Bridging Systems & Care Coordination



RAPID RECAP/KEY TAKEAWAYS

Learning Objectives

- Determine the impact of patient motivation on achieving health-related goals
- Utilize motivational interviewing to facilitate shared decision-making for patients with obesity
- Implement person-first language when discussing obesity with patients

Perceived Patient Barriers to Change in Obesity¹⁻²



Insufficient self-control



Physical pain



Poor self-esteem



Emotional states



Time constraints



Dietary restrictions



Lack of support



Apathy/insufficient motivation

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RAPID RECAP/KEY TAKEAWAYS

Overview of Motivational Interviewing³

- Patient-centered counseling that aims to boost motivation and commitment for behavioral change by aligning patient goals with personal values
- Clinicians can integrate motivational interviewing to encourage healthy eating and active living habits for achieving and maintaining healthy weight

Pillars of Motivational Interviewing



Resisting the
righting reflex



Understanding and
exploring patient
motivations



Active listening



Empowering
the patient

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RAPID RECAP/KEY TAKEAWAYS

Shared Decision-Making^{4,5}



Gather information:

- Ask leading questions
- Clarify information by repeating back what the patient said
- Do not interrupt
- Assess motivation confidence



Establish a relationship:

- Communicate intention to help
- Acknowledge emotions/feelings
- Use layman's terms to explain
- Collaborate to identify next steps
- Use weight-neutral terms
- Instill confidence



Education and counseling:

- Ask questions to make sure patient understood
- Discuss specific diet, exercise, and monitoring goals
- Elicit and address barriers to change
- Explain the nature of obesity

Patient-First Language^{6,7}

Certain words used to describe body weight may be perceived by patients to be stigmatizing and blaming, whereas other terminology may be viewed as motivating and encouraging:

LEAST MOTIVATING

- Fat
- Chubby
- Extremely obese



MOST MOTIVATING

- Unhealthy weight
- Overweight



MOST BLAMING/STIGMATIZING

- Fat
- Morbidly obese
- Extremely obese
- Obese

LEAST BLAMING/STIGMATIZING

- Weight
- High BMI
- Unhealthy weight

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References

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