Overview

- According to the 2007-2008 National Health and Nutrition Examination Survey (NHANES), 34% of Americans over the age of 20 years are considered overweight (BMI ≥25 kg/m²) or <30 kg/m²) and an additional 34% are considered obese (BMI ≥30 kg/m²). ¹
- Obesity is associated with a numerous health problems, including diabetes, heart disease, gallbladder disease, hyperlipidemia, hypertension, and osteoarthritis. ²,³
- Counseling on physical activity and nutrition are provided at less than 50% of ambulatory care visits nationally, despite research that has demonstrated the effectiveness of these interventions. ⁴
- The United States Preventive Services Task Force (USPSTF) recommends that all adults should be screened for obesity at outpatient visits. ⁵
- Medicare recently approved reimbursement for intensive weight management by primary care providers, making related interventions more feasible in the primary care setting. ⁶

What Works in Healthcare

<table>
<thead>
<tr>
<th>Proven Strategies</th>
<th>Expert Opinion</th>
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</thead>
<tbody>
<tr>
<td>Screen for overweight and obesity using BMI</td>
<td>Assess patient’s readiness to change</td>
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<tr>
<td>Provide general nutrition and physical activity recommendations</td>
<td>Use nutrition and activity patterns to guide patient counseling</td>
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<tr>
<td>Provide physical activity and nutrition prescriptions for patients to follow</td>
<td>Promote a team approach for follow-up and referrals</td>
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Methods

Location: Family Medicine Residency Clinic in Appleton, WI
Tools: Adapted Promoting Healthier Weight in Primary Care toolkit, which included:
- Evaluating risk of chronic disease
- Assessing readiness to change
- Collaborating to develop SMART goals in the form of health “prescriptions”

Patients: screening was done on all non-acute patients
- Positive screen criteria
- BMI ≥25 or
- Waist circumference > 35” for females or 40” for males

Physicians: All providers were surveyed to assess attitudes towards the toolkit before using the toolkit and feasibility of future use after using the toolkit.

Physician Results

Patient Results

<table>
<thead>
<tr>
<th>30-50% Acceptability</th>
<th>90-95% Acceptability</th>
<th>70-85% Acceptability</th>
<th>&lt;50% Acceptability</th>
</tr>
</thead>
<tbody>
<tr>
<td>My physician thinks my health habits and weight are important (86%)</td>
<td>I want to improve my health through diet and exercise (94%)</td>
<td>I am more likely to make dietary or lifestyle changes now that I talked to my physician (99%)</td>
<td>I plan to tell someone else about what I learned today from my physician (78%)</td>
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<tr>
<td>I liked the way the physician talked to me about my health habits (79%)</td>
<td>I need to improve my health through diet and exercise (94%)</td>
<td>I hope my physician uses this toolkit at my future visits (82%)</td>
<td></td>
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<tr>
<td>I thought talking to my physician about my health habits was helpful (97%)</td>
<td>I was offended by questions asked by my physician (92%)</td>
<td>The goals I set with my physician will guide my decisions (90%)</td>
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Physicians

- Providers were flagged and weight/health profile was entered into “Patient Instructions”
- All participating patients were asked to complete a survey
- Developed by Vermont AHEC Network, Vermont Department of Health, and University of Vermont College of Medicine

Promoting Healthier Weight in Primary Care

Developed by Vermont AHEC Network, Vermont Department of Health, and University of Vermont College of Medicine

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