Priority Topic: OBESITY

Key Features:

For a single source on this topic, read: Obesity in the clinic AIM 2013

1. In patients who appear to be obese, make the diagnosis of obesity using a clear definition (i.e., currently body mass index) and inform them of the diagnosis.

What you should study:

✓ Diagnosis and Management of Obesity AAFP 2013
✓ Screening for Obesity in children and adolescents AAFP 2017
✓ WHO BMI Asia LANCET 2004
✓ Obesity in Pregnancy Editorial AAFP 2018

2. In all obese patients, assess for treatable co-morbidities such as hypertension, diabetes, coronary artery disease, sleep apnea, and osteoarthritis, as these are more likely to be present.

What you should study:

*Note – could also add other comorbidities like: NASH, plantar fasciitis, PCOS, GERD, Intertrigo, depression*

✓ Obesity in the clinic AIM 2013

3. In patients diagnosed with obesity who have confirmed normal thyroid function, avoid repeated thyroid-stimulating hormone testing.

✓ Secondary causes of Obesity AAFP 2011
4. In obese patients, inquire about the effect of obesity on the patient’s personal and social life to better understand its impact on the patient.

*Note – this is classic “patient-centred” interviewing*

✓ Just do it!

5. In a patient diagnosed with obesity, establish the patient’s readiness to make changes necessary to lose weight, as advice will differ, and reassess this readiness periodically.

*What you should study:*

✓ Motivational interviewing AFP 2012
✓ Motivational interviewing to promote healthy weight AAFP 2016
✓ Office-based strategies for management of obesity AAFP 2016

6. Advise the obese patient seeking treatment that effective management will require appropriate diet, adequate exercise, and support (independent of any medical or surgical treatment), and facilitate the patient’s access to these as needed and as possible.

*What you should study:*

✓ Obesity Counselling CFP 2013
✓ Obesity Guideline CTFPHC CMAJ 2015
✓ Diets for Health - Goals and Guidelines AAFP 2018
✓ Obesity in the clinic AIM 2013
✓ Obesity Guidelines AHA 2013 powerpoint
✓ Treatment of adult obesity with bariatric surgery AAFP 2016
✓ Bariatric Surgery PBSGL 2016 [www.members.fmpe.org](http://www.members.fmpe.org)
7. As part of preventing childhood obesity, advise parents of healthy activity levels for their children.

**What you should study:**

✓ Childhood obesity CMAJ 2015  
✓ Canadian Physical Activity Guidelines for all ages CSEP  
✓ 24-hr movement guidelines for children and youth CSEP 2016

8. In managing childhood obesity, challenge parents to make appropriate family-wide changes in diet and exercise, and to avoid counterproductive interventions (e.g., berating or singling out the obese child).

**What you should study:**

✓ Psychosocial Aspects of Childhood Obesity CPS 2012  
✓ Childhood Obesity PBSGL 2014 [www.members.fmpe.org](http://www.members.fmpe.org)