

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

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

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

