



Encounter



Pre-screen

- BMI and weight trajectory
- 24h dietary recall
- Personal weight history
- Medications
- Physical activity
- Existing comorbidities or risk factors
- Stress
- Sleep
- QOL
- Depression



" Is now a good time for us to discuss how your weight and health may be affecting each other and how we can work together on it? "

Yes.



No.



Questions for Patient

- What concerns you most about your weight?
- What is the single most important outcome that you hope to achieve with weight loss?
- What would stand in the way of achieving this outcome?
- Is there a first step that you are ready to take?
- What impact will the changes we have discussed have on your life?
- Obesity is a chronic problem. What frequency and type of follow-up would be most helpful?

Provider:

" I understand that you may not be ready to discuss your weight. However, I am concerned about the impact of your weight on your health. There may be some things that we can do together in the future. Please make a follow up appointment if you'd like to discuss this in the future. "

Response from Provider

- Acknowledge concerns
- Link obesity to comorbidities
- Provide resources
- Schedule follow-up or referral

