



weight can't wait

Curated Resources for the Management of Obesity in the Primary Care Setting

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- [Academy of Nutrition and Dietetics](#): This organization provides fact-based information on food and nutrition and how a healthy diet improves health.
- [American Association of Clinical Endocrinologists](#): This organization provides access to clinical practice guidelines, toolkits, educational opportunities, scientific articles, and printable forms for providers, such as a [weight history intake form](#).
- [American Association of Nurse Practitioners](#): This organization features content on obesity and related issues including a Certificate of Obesity Management in Primary Care (7 module program) as well as an educational tool.
- [American Academy of Family Physicians](#): This organization features content on weight and related issues. Topics include screening, diagnosis, prevention, treatment, complications, best practices, and patient education.
- [American Academy of Physician Assistants](#): This organization features content on obesity and related issues including the Obesity Leadership Edge (7 module program).
- [American Board of Obesity Medicine](#): This website provides information on certifications in obesity medicine, including information on exam details and preparation.
- [American College of Physicians](#): The *Excess Weight and Your Health — A Guide to Effective, Healthy Weight Loss* guidebook and video are helpful to those wanting to learn more about their weight and how it impacts their health.
- [American Council on Exercise](#): Access tools you can utilize to help gauge readiness to change, chart progress, provide information about how patients can work to achieve small goals and ultimately, accomplish long-term, healthy change. Resources include biometric videos, assessment forms, and podcasts.



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- [American Medical Group Association](#): The Obesity Care Model Collaborative (OCMC) Playbook provides users with knowledge and insights on population health-based approaches and strategies to treating adult patients with obesity in primary care. The information in the playbook represents evidence-based best practices from American Medical Group Association member organizations who participated in the Obesity Care Model Collaborative.
- [American Society for Metabolic and Bariatric Surgery](#): This website has resources for patients and providers, including [videos](#) and a [free app](#) designed for all professions caring for bariatric surgery patients before, during, and after surgery.
- [Centers for Disease Control](#): The CDC website offers recommendations, reports, fact sheets, brochures, and social media tools to help combat overweight and obesity.
- [Change Talk](#): Developed by The American Academy of Pediatrics and Kognito, this online module and mobile app were designed to help health care professionals navigate challenging conversations with patients and their families.
- [Exercise is Medicine](#): The vision of Exercise is Medicine® (EIM), a global health initiative managed by the [American College of Sports Medicine \(ACSM\)](#), is to make physical activity assessment and promotion a standard in clinical care, connecting health care with evidence-based physical activity resources for people everywhere and of all abilities.
- [Obesity Action Coalition](#): This patient advocacy group provides a plethora of educational [brochures and guides](#), which offer safe and effective information for individuals wanting to address their weight and improve their health. Resources on “[What is Obesity](#)” and a [video library](#) are available.
- [Obesity Medicine Association](#): The members of OMA are physicians, nurse practitioners, physician assistants, and other healthcare providers who take a comprehensive, evidence-based approach to treating obesity. The association has several [resources for clinicians](#), including [webinars](#), on their website.
- [Obesity Medicine Education Collaborative](#): The Obesity Medicine Education Collaborative developed competencies to provide a framework for medical, nursing, and PA educators to develop an obesity medicine curriculum at their respective institutions.



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- [Provider Competencies and Resources for Education and Training](#): These competencies were designed by more than 20 leading health organizations representing a dozen health professions. They are aimed at many types of health professionals engaged in obesity prevention and management. Collectively, the competencies establish a working knowledge of obesity, and are therefore best used together.
- [Rethink Obesity](#): This resource is a comprehensive guide for health care professionals to discuss weight management.
- [Rudd Center for Food Policy and Obesity](#): This resource provides examples of Motivational Interviewing techniques that can be used by providers to assess ambivalence and motivation for lifestyle changes in patients with overweight or obesity. They also provide [self-report measures](#) that may be useful in studies assessing weight bias and stigma.
- [STOP Obesity Alliance](#): The Strategies to Overcome and Prevent (STOP) Obesity Alliance is made up of a diverse group of business, consumer, government, advocacy, and health organizations dedicated to reversing the obesity epidemic in the United States. Drawing on the strengths of the collaborative, STOP conducts research, makes policy recommendations, and develops hands-on tools for providers, advocacy groups, policymakers and consumers.
- [Why Weight Guide](#): Created as a tool for health care professionals to initiate effective conversations about weight and health with their patients.
- [Weigh In Guide](#): This is an online guide created to fill the information gap and offer practical advice for parents struggling with how to discuss weight and health with their children. The Weigh In website provides scenario-based solutions and offers practical advice on how to discuss weight and health with children.
- [Fast Facts](#): A series of fact sheets that provides information on obesity.
- [Obesity Treatment Coverage](#): A state-by-state analysis of Medicaid and State Employee Health Plan coverage for obesity prevention and treatment. The research deals with three main areas of concern: coverage for bariatric surgery, pharmaceutical therapy, and counseling. Adequate coverage of broad services will ensure that anyone with obesity has access to individualized care.



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- [The MODEL-IBT Program Protocol for Intensive Behavioral Therapy](#): This publication provides a protocol for providers treating obesity. MODEL is an acronym for Managing Obesity with Diet, Exercise and Liraglutide.
- [The Obesity Society](#): The editors of Obesity provide a series of patient informational pages to healthcare providers to keep patients informed about the latest obesity-related information.
- [US National Library of Medicine, National Institutes of Health](#): This publication compares weight loss, adherence, and harms of commercial or proprietary weight-loss programs versus behavioral counseling.
- [Villanova University](#): A series of webinars that focus on different topics relating to the prevention and treatment of obesity.
- [World Obesity Federation](#): This organization provides a series of training modules called SCOPE. The website offers numerous free e-learning modules on specific issues around obesity, plus a Core Learning Path containing the essential information on obesity management.

Guidelines

The following obesity treatment guidelines have been published by obesity specialty organizations.

- [American Association of Clinical Endocrinologists](#): This organization has compiled many of their clinical practice guidelines, position statements, and other provider resources into one searchable database, including resources regarding the safe and effective use of pharmacotherapy for obesity care.
- [American College of Cardiology, The Obesity Society, and The American Heart Association](#): In collaboration with the National Heart, Lung, and Blood Institute and stakeholder and professional organizations, these groups developed clinical *Guidelines for the Management of Overweight and Obesity in Adults*.
- [American College of Sports Medicine](#): The *Physical Activity Guidelines for Americans* are available, as well as the systematic reviews that informed them and resources to understand them better.



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- [Endocrine Society](#): Evidence-based recommendations from the Pharmacological Management of Obesity clinical practice guideline.
- [Obesity Medicine Association](#): This Obesity Algorithm contains updated information on the mechanisms, evaluation, and treatment of obesity, including why obesity is a disease, how obesity causes the most common metabolic diseases encountered in clinical practice, and how to treat obesity to reduce disease risk
- [United States Preventive Services Task Force](#): These evidence-based recommendations provide guidelines for both *[Weight Loss to Prevent Obesity-Related Morbidity and Mortality in Adults: Behavioral Interventions](#)* and *[Obesity in Children and Adolescents: Screening](#)*

Image galleries

The following websites provide free image galleries for health professionals.

- [Obesity Action Coalition](#): The purpose of this gallery is to help refocus the perception of obesity and change the perception of individuals affected by this chronic disease.
- [Obesity Canada](#): In an effort to reduce pejorative portrayals of persons with obesity in media reporting, this organization has created a free image gallery that provides a collection of photographs showing persons with obesity in ways that are positive and non-stereotypical.
- [Rudd Center](#): The Rudd Center has created free resources to be used by media professionals, educators, and health professionals for the purpose of improving media content related to obesity and improving respectful portrayals of people regardless of their body size.
- [World Obesity](#): This free image bank was created to raise awareness of the obesity crisis.



Resources to share with patients

- [YMCA Diabetes Prevention Program \(DPP\)](#): In the YMCA's Diabetes Prevention Program, a trained lifestyle coach introduces topics in a supportive, small-group environment and encourage participants as they explore how healthy eating, physical activity, behavior changes and weight loss can help them reduce their risk of developing diabetes.
- [WW](#) (formerly Weight Watchers): WW offers in-person coaching and community-based learning through weekly Workshops at WW Studios. WW also has an [app](#) for food and activity tracking.
- [Walk with a Doc](#): Walk with a Doc is a community event that features a brief talk on a current health topic from a healthcare provider, then a healthy walk and conversation. It's a great way to get out, get active, and enjoy all the benefits that come from walking.
- [Geisinger Get2Goal](#): Get-2-Goal is a tool created by students from Bucknell University in collaboration with the Obesity Institute at Geisinger Health System to assist current, future, and prospective patients with weight management after Roux-en-Y Gastric Bypass Surgery.
- [My Fitness Pal](#): This app-based tool features an online food diary, a searchable food database, discussion forums for support and motivation, and a personalized diet profile.
- [Obesity Care Providers](#): This website helps patients build a competent and compassionate obesity care team by providing a database of obesity care professionals. The site also offers information about preparing for healthcare visits and finding support for obesity management.
- [Obesity Action Coalition](#): This organization's website provides many obesity treatment resources for patients, including a guide to [Understanding Your Weight-loss Options](#).
- [National Institutes of Health](#): The National Institute of Diabetes and Digestive and Kidney Diseases offers factual information about weight management topics and weight-related diseases. Tools such as the [Body Weight Planner](#) can help individuals prepare for weight loss or weight management.
- [Livestrong](#): This article offers reviews of several free online weight loss tools that could aid patients with weight management.
- [WedMD](#): This website offers a printable food and fitness journal to help patients track their food choices and physical activity.
- [Precision Nutrition](#): This website offers infographics on a number of nutrition and fitness-related topics, such as liquid nutrition, superfoods, and food budgeting.