Weight Can’t Wait: Guide for the Management of Obesity in the Primary Care Setting
Endorsing Organizations:

- American Board of Obesity Medicine
- American Society of Metabolic and Bariatric Surgery
- American Association of Clinical Endocrinologists
- American Association of Nurse Practitioners
- American Medical Group Association
- American Academy of Physician Assistants
- American College of Physicians
- Endocrine Society
- Obesity Medicine Association
- Obesity Action Coalition
- The Obesity Society

https://stop.publichealth.gwu.edu/WCW
• Primary care settings in which effective obesity care takes place:
  • pre-encounter
  • encounter
  • post-encounter
• An additional curated resources list is also available.

[Link: go.gwu.edu/weightcantwait]
The Six As

• **Ask:** Ask permission to discuss weight; listen to patient concerns

• **Assess:** Review information collected at pre-screen

• **Advise:** Focus on positive benefits of weight reduction.

• **Agree:** Use shared decision-making to establish next steps

• **Assist:** Present treatment options including referrals, depending on patient preference

• **Arrange:** In shared decision making with the patient, make referrals for lifestyle modification, intensive behavioral modification, medication, or bariatric surgery. Schedule follow-up and coordinate care
Pre-Encounter

- Calculate BMI and weight trajectory
- Personal weight history
- Stress, sleep, quality of life, depression

- 24h dietary recall
- Physical activity
- Medications
- Existing comorbidities or risk factors
“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?”

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
Post-Encounter

“Is the patient interested in pursuing treatment of obesity?”

- Provide patient with checklist/handout with shared decisions
- Define the best ways to measure progress
- Schedule a follow-up visit focusing on obesity to assess progress

For Yes:

- Does this decision reflect a lack of financial or physical access to follow up?
- Educational materials may be provided
- Indicate availability for future discussion and shared decision making
- Provider should reassess readiness to change at future clinic visits

For No:

- Provide patient with checklist/handout with shared decisions
- Define the best ways to measure progress
- Schedule a follow-up visit focusing on obesity to assess progress
Weight Can't Wait Curated Resources

Include curated provider resources, guidelines, image galleries, and resources to share with patients.

Accessible at: go.gwu.edu/wcwresources
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Connect with us! @STOPobesity STOP Obesity Alliance