Clinical care pathway for overweight and obese adults

Determine degree of overweight or obesity
Calculate BMI (kg/m²)
Measure waist circumference

If BMI $\geq 25$kg/m²
Or waist circumference $\geq 94$cm (men)
Or waist circumference $\geq 80$cm (women)

Assess:
- Presenting symptoms and underlying causes
- Co-morbidities and health risks
- Lifestyle – diet and physical activity
- Eating behaviour
- Depression and mood disorders
- Chronic psychosocial stress
- Potential of weight loss to improve health
- Motivation to change and barriers to weight loss

Consider referring to specialist obesity services
- If the person has complex disease states or needs that cannot be managed in primary or secondary care
- If the underlying causes of obesity need to be assessed
- If conventional treatment has failed
- If specialist interventions such as VLCD, is needed
- If bariatric surgery is being considered

Set goals and propose lifestyle changes that are realistic, individualised and aimed at the long-term

Initial weight loss goal: 5-15% of body weight
Recommended weight loss rate: 0.5-1kg per week

NO

Management
Intensity of the intervention will depend on the level of risk and the potential to gain health benefits, and may include:

Nutrition:
Reduce energy intake by 500-600 kcal/d

Physical activity:
Initially 30min of moderate intensity 3-5 times/wk, eventually increase to 60 min on most days

Behavioural interventions by trained personnel

Prevention and treatment of co-morbidities

Pharmacotherapy:
BMI $\geq 30$kg/m² or BMI $\geq 27$kg/m² + risk factors
May be considered as an adjunct to diet and lifestyle modification

Bariatric surgery:
BMI $\geq 40$kg/m² or BMI $\geq 35$kg/m² + risk factors
Consider if other weight loss attempts have failed; requires lifelong medical monitoring

Assess effect on co-morbidity
Weight maintenance and prevention of weight regain:
Regular monitoring of BMI and waist circumference
Reinforce healthy eating and physical activity advice
Address other risk factors

YES

Weight loss goals achieved