Clinical care pathway for overweight and obese adults

Determine degree of overweight or obesity

Calculate BMI (kg/m²)

Measure waist circumference

If BMI ≥ 25kg/m²

Or waist circumference ≥ 94cm (men)

Or waist circumference ≥ 80cm (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

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

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 ≥ 30kg/m² or BMI ≥ 27kg/m² + risk factors May be considered as an adjunct to diet and lifestyle modification

Bariatric surgery:

BMI ≥ 40kg/m² or BMI ≥ 35kg/m² + risk factors Consider if other weight loss attempts have failed; requires lifelong medical monitoring

Excerpt taken from Obesity Facts (European Journal of Obesity) 2008;1:106-116

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

NO

Weight loss goals achieved

YES

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





NO