

Date: June 18, 2013

Memorandum

To: Family Physicians, General Internists, General Pediatricians, Endocrinologists, Dietitians, Ambulatory Care Nurse Clinicians

From: Grant Greenberg MD, MA, MHSA, Guidelines Clinical Lead  
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Subject: **UMHS Clinical Care Guideline: Obesity Prevention and Management**

**What's New.**

- New guideline for primary care management of overweight and obesity in pediatric and adult patients

**Key aspects.**



Prevention for all patients: lifestyle factors for the entire family – healthy diet, regular activity, and adequate sleep.

Management of overweight/obese patients

- Medical home team approach to goal setting and making changes for patients at elevated BMI or who are crossing BMI percentiles.
- Focused physical exam including blood pressure and heart rate, looking for signs of comorbid conditions.
- Consider laboratory studies including cholesterol panel, fasting glucose or HgB A1C, AST and ALT.
- Weight control:
  - For children, decreasing rate of weight gain.
  - For adults, gradual weight loss up to 2 pounds/week.
- Medications are second-line therapy and use can be limited by side effects and safety profile. Be aware many common medications can precipitate weight gain.
- For patients making inadequate progress toward their goals, consider referrals to dietitian, social work, multidisciplinary weight loss clinic, or bariatric surgery.

**Clinical Resources**

- UMHS Adult Bariatric Surgery Program. To be considered a candidate for surgery, a patient should have a BMI of either > 40 or > 35 with weight-related comorbidities, and inadequate results from compliance with a medically supervised weight control program for at least 6 months. Physician referrals are called to (734) 936-5738. (Patients can call [734] 647-6685 for information.) Patients can schedule an informational meeting at no charge.

**Meaningful Use Measures**

Adults (18 years)

- If PCP outpatient visit, BMI documented during visit or within past 6 months
- Follow-up plan if:
  - age ≥ 65 years and BMI either ≥ 30 or < 22
  - age 18-64 years and BMI either ≥ 25 or < 18.5

Children and adolescents (2-17 years)

- If PCP outpatient visit, documentation of BMI and of counseling for nutrition and physical activity
- Weight classified based on BMI

**Patient education material.**

Patient education sheets are available by internet:

- [Healthy Weight: Tips for Parents](#)

