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As a primary care professional, you are in an ideal position to offer weight-loss guidance to patients who are overweight or obese. You need not be an expert in weight management or take a lot of time to make a difference. A key first step in helping patients lose weight and improve their health is opening a conversation. This fact sheet offers tips that can help you talk with patients about this sensitive subject.

What role can primary care professionals play in patient weight control?

Studies show that even short 3- to 5-minute conversations during routine visits can contribute to patient behavior change. In one study, patients who were obese and were advised by their health care professionals to lose weight were three times more likely to try than patients not advised. Research has also shown that patients who were counseled in a primary care setting about the benefits of healthy eating and physical activity lost weight, consumed less fat, and exercised more than patients who did not receive counseling.

Unfortunately, the majority of primary care professionals do not talk with their patients about weight. Most people who are overweight or obese want assistance in setting and achieving weight-loss goals, but may hesitate to broach the topic during office visits. Talk with your patients about their weight-related goals, acknowledging that weight management is a challenging process. Explain that you want to help them lose weight, to reduce their health risks and make them feel better, but assure patients that your interest in their health is not dependent on their success in losing weight.

What do patients want from health care professionals regarding weight?

- **Talk.** Many patients want to talk about weight with health care professionals who offer respect and empathy for their struggles with weight control. However, before starting a conversation about weight control with your patients, give them a few minutes to discuss other issues that may be affecting their physical or emotional well-being.

- **Non-offensive terms.** Patients prefer the terms “weight” or “excess weight,” and dislike the terms “obesity,” “fatness,” and “excess fat.”
You can assume your patient already knows he or she is overweight. Patients do not want health care professionals to place blame or attribute all of their health problems to weight.
3. Decide if your patient is ready to control weight. Ask more questions to find out how ready a patient is to control weight. Some sample questions are below.

“What are your goals concerning your weight?”

“What changes are you willing to make to your eating and physical activity habits right now?”

“What kind of help would you like from me regarding your weight?”

A patient who is not yet ready to attempt weight control may still benefit from a discussion about healthy eating and regular physical activity. A talk focusing on the ways weight may affect your patient’s health may also be appropriate. You can reassess the patient’s readiness to control weight at the next office visit. A patient who is ready to control weight will benefit from setting a weight-loss goal, receiving advice about healthy eating and regular physical activity, and follow-up.

4. Set a weight goal. A 5- to 10-percent reduction in body weight over 6 months is a sensible weight-loss goal. One half to 2 pounds per week is a safe rate of weight loss. A goal of maintaining current weight and preventing weight gain may be appropriate for some patients.

5. Prescribe healthy eating and physical activity behaviors. Give your patient concrete actions to take to meet his or her weight goal over the next 6 months. Write a prescription for healthier eating and increased physical activity (see sample prescription on page 4). You could also direct your patients to print or online resources about weight, healthy eating, and physical activity. (Patient resources are listed on page 5.)

Another option is to refer patients to a weight-loss program or registered dietitian who specializes in weight control. The American Dietetic Association (www.eatright.org) offers referrals to registered dietitians throughout the United States. In addition, the Weight-control Information Network (WIN) brochure Choosing a Safe and Successful Weight-loss Program can help your patients during this process. This publication offers a list of questions patients may ask their health care providers before deciding on a weight-loss plan, and various tips on what to look for in such programs.

Some patients may benefit from a weight-loss medication or obesity surgery. The fact sheets Prescription Medications for the Treatment of Obesity and Gastrointestinal Surgery for Severe Obesity from WIN offer more information about these two treatments. Also, note that some people try herbal treatments to improve their health. Ask your patients if they are taking herbals and provide advice on the use of these products. For more information, contact the National Center for Complementary and Alternative Medicine, which serves as a resource on herbs for professionals and the public (www.nccam.nih.gov).
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**Rx** Prescription for Healthy Eating and Regular Physical Activity

Try these ideas to support your weight-loss efforts:

- **✓** Eat a variety of nutrient-dense foods from the basic food groups and limit your intake of saturated and *trans* fats, added sugars, salt, and alcohol.

- **✓** Be physically active for at least 30 minutes on most or all days of the week. This level of exercise helps reduce your risk for chronic diseases such as diabetes. Set goals for moderate-intensity physical activities, such as walking at a brisk pace, and chart your progress as you increase your activity level.

- **✓** Be physically active for 60 to 90 minutes a day if you are trying to lose weight or sustain weight loss. Chart your progress as you increase your activity level.

- **✓** Take stairs instead of elevators, park further from entrances, walk instead of watching TV after dinner. Make sure you are in locations that are both safe and well-lit when engaging in these activities.

- **✓** Keep a food diary. Write down all of the food you eat in a day, what time you eat, and your feelings at the time. Look at your diary to find ways to improve your eating habits.

- **✓** Dish up smaller amounts of foods from a variety of food groups. Measure your portions against the serving size listed on food packaging for a few days so you know how much you are eating. You may want to consider the new Dietary Guidelines for Americans 2005, which you can find online at www.healthierus.gov/dietaryguidelines.

- **✓** At restaurants, eat only half of your meal and take the rest home.

6. **Follow up.** When you see your patient again, note progress made on behavior changes, such as walking at least 5 days a week. If your patient has made healthy behavior changes, offer praise to boost self-esteem and keep him or her motivated. Likewise, discuss setbacks to help your patient overcome challenges and be more successful.

Set a new weight goal with your patient. This may be for weight loss or prevention of weight gain. Discuss eating and physical activity habits to change or maintain to meet the new weight goal.
What patient resources are available?


*SmallStep.gov*, a website from DHHS that helps users take small steps toward a healthy weight ([www.smallstep.gov](http://www.smallstep.gov)).


What health professional resources are available?

*Aim for a Healthy Weight Education Kit*. This patient education kit from the National Heart, Lung, and Blood Institute (NHLBI) helps health care providers develop effective weight management programs in their offices or clinics ([www.nhlbi.nih.gov/health/prof/heart/obesity/aim_kit](http://www.nhlbi.nih.gov/health/prof/heart/obesity/aim_kit)). NIH Publication No. 02-5212. 2002.


*Medical Care for Obese Patients*, a fact sheet from WIN to help health care providers offer optional medical care to patients who are obese. This publication features a complete BMI table. NIH Publication No. 03-5335. February 2003.


If your patient has made healthy behavior changes, offer praise to boost self-esteem and keep him or her motivated.
The Weight-control Information Network (WIN) is a national information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health, which is the Federal Government's lead agency responsible for biomedical research on nutrition and obesity. Authorized by Congress (Public Law 103-43), WIN provides the general public, health professionals, the media, and Congress with up-to-date, science-based health information on weight control, obesity, physical activity, and related nutritional issues. Publications produced by WIN are reviewed by both NIDDK scientists and outside experts. This fact sheet was also reviewed by Benjamin Caballero, M.D., Ph.D., Professor of International Health and Pediatrics, Director of the Center for Human Nutrition, Johns Hopkins University. A review was also conducted by Shiriki K. Kumanyika, Ph.D., M.P.H., Associate Dean for Health Promotion and Disease Prevention, Director of the Graduate Program in Public Health Studies, Professor of Epidemiology, Department of Biostatistics and Epidemiology, University of Pennsylvania School of Medicine.

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