

Clinic Staff Tool Box/Job Aids for Helping Clients with Weight Management

This document lists and provides (or links to) brief articles and user-friendly job aids that can help family planning clinic staff address weight management issues with patients.

3 Steps to Initiate Discussion About Weight Management With Your Patients

http://www.nhlbi.nih.gov/health/prof/heart/obesity/aim_kit/steps.pdf

The handout outlines three main factors providers should consider when discussing weight management with clients, including how to set an effective tone for communication, assessing patients' readiness to lose weight and how to build partnerships.

Family Planning for Obese Women: Challenges and Opportunities

http://www.femalepatient.com/html/arc/sig/contra/articles/030_10_034.asp

The article offers a concise overview of scientific evidence examining how obesity affects women's contraceptive choices. It provides information about birth control effectiveness, weight gain, health risks, technical difficulties, contraceptive failure and counseling patients.

Talking with Patients About Weight Loss: Tips for Primary Care Professionals

<http://win.niddk.nih.gov/publications/talking.htm>

The fact sheet offers tips on how to talk to patients about weight loss. Information includes the role health providers can play, what clients want to know, which patients would benefit from a weight management discussion, prescriptions for healthy eating and physical activity, and available resources for patients and providers.

Medical Care for Obese Patients

<http://win.niddk.nih.gov/publications/medical.htm>

The fact sheet discusses the relation between obesity and body mass index (BMI); methods to offer optimal medical care to obese patients; barriers to adequate care; and links for additional reading on patient referrals, bariatric medical supplies and advocacy organizations.

Weight Assessment Family Planning Algorithm



Algorithm.doc

The algorithm provides health professionals with a quick reference guide to follow when addressing weight management issues with clients. Along with directing providers to properly assess and document BMI, it includes different counseling messages patients should receive depending on whether they have an underweight, normal, overweight or obese weight status.

Nutrition and Fitness Client Survey



Nutrition & Fitness
Client Survey.doc

Designed for patients to fill out during routine visits, the 10-question survey helps health providers elicit patients' general concerns about nutrition, fitness and weight management, as well as concerns about birth control-related weight gain.

The above list of resources were identified and compiled by
the Region III Reproductive Health, Overweight and Obesity Work Group.

WEIGHT ASSESSMENT Family Planning ALGORITHM

Assess & Document BMI in patient chart

Assess Patient Satisfaction with current weight & motivation to make changes in lifestyle

Review patient related health risks

- Patient health history
- Patient family health history

Review weight-related concerns and motivation

- Patient's concerns with current weight (gain or maintenance)
- Perceived or actual birth control method weight gain

**BMI <18.5
(UNDERWEIGHT)**

**BMI 18.5 to 24.9
(NORMAL)**

**BMI 25 to 29.9
(OVERWEIGHT)**

**BMI 30 & >
(OBESE)**

Patients in the UNDERWEIGHT BMI range should receive counseling messages that:

- Respond to patient's risks/concerns
- Refer to primary care doctor
- Schedule return visit with weight check as needed to address concerns
- Provide literature

Patient in the NORMAL BMI range should receive counseling messages that:

- Respond to patient's risks/concerns
- Reinforce weight management
- Schedule return visit with weight check as needed to address patient concerns
- Provide literature

Patients in the OVERWEIGHT BMI range should receive messages that:

- Respond to patient's risks/concerns
- Educate health benefits of weight loss
- Provide weight loss options
- Refer as appropriate
- Schedule return appointment with weight check as needed to address patient concerns
- Provide literature

Patients in the OBESE BMI weight range should receive counseling messages that:

- Respond to patient's risks/concerns
- Educate on health benefits of weight loss
- Provide weight loss options
- Refer to primary care doctor
- Schedule return appointment with weight check as needed to address patient concerns
- Provide literature

Document all patient education, counseling and/or referrals on patient medical chart

NUTRITION AND FITNESS SURVEY

This survey is to help us address concerns you may have about your general health during your visit today. It asks about nutrition, fitness and weight. These are important topics for people of your age. Our staff are trained to talk with you about these topics.

Please read each statement and circle either YES or NO. If you need help with completing this survey or have questions, please ask one of our staff.

When you are done, please bring this survey with you to the exam room. We will go over it with you.

1.	I worry that I might gain weight from using birth control.	YES	NO
2.	I recently had a baby and cannot lose the weight I gained.	YES	NO
3.	I plan to have a baby in the next two years.	YES	NO
4.	I usually skip breakfast and/or other meals.	YES	NO
5.	I would like to eat more foods that are healthy for me.	YES	NO
6.	I would like to do something about my current weight.	YES	NO
7.	I have <u>heart trouble</u> or worry that I might have it someday.	YES	NO
8.	I have <u>diabetes</u> or worry that I might have it someday.	YES	NO
9.	It is hard for me to find time to exercise on a regular basis.	YES	NO
10.	I have joint or pain problems that limit my exercise.	YES	NO

OFFICE USE ONLY

This section can be used by the clinic to record date, patient med.rec.# and BMI or other information useful for tracking information collected from the survey.