



Primary Care Interventions for Obesity in Women and Adolescents

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Disclosures

- ▶ I have no disclosures to make

Objectives

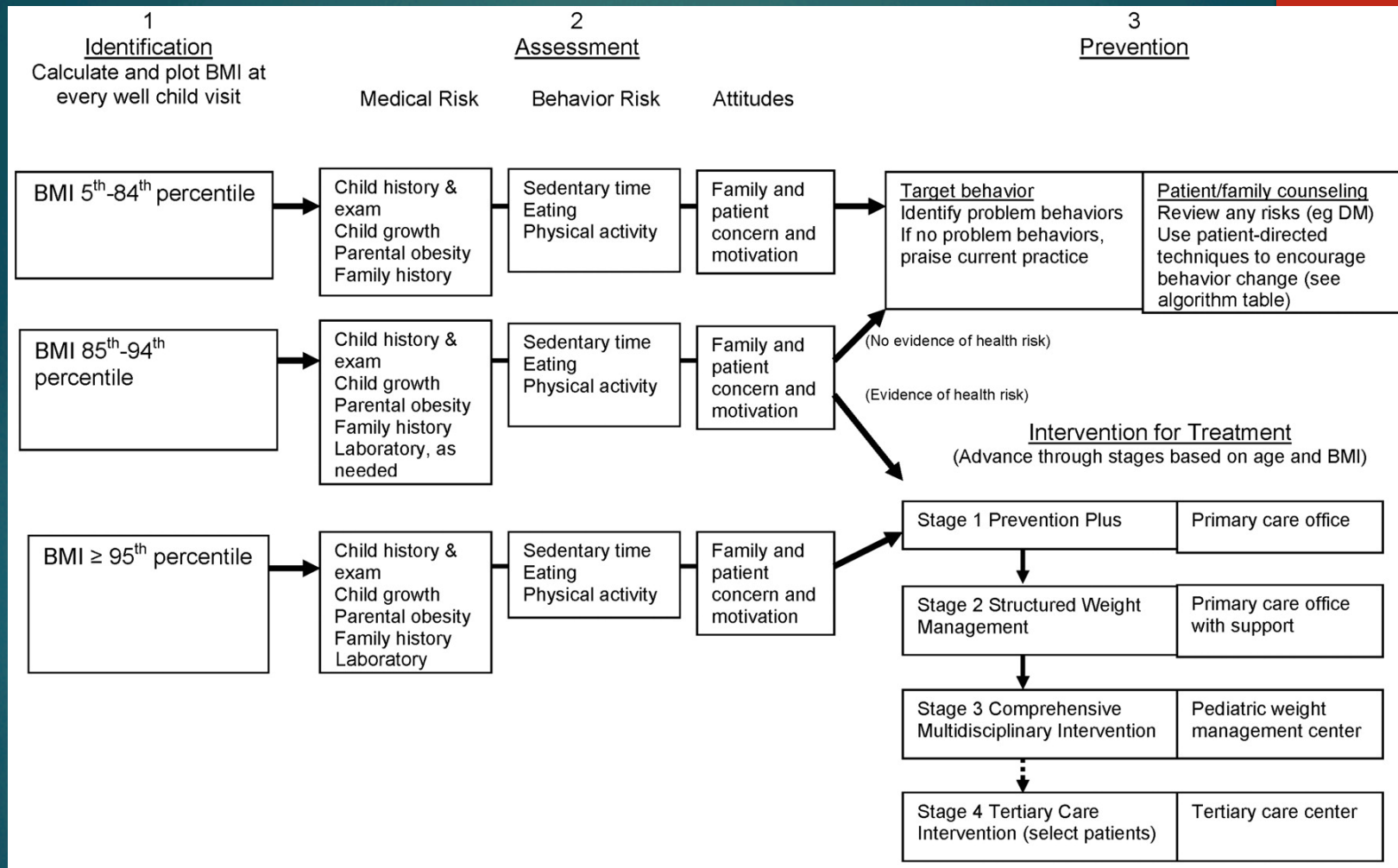


- ▶ Provide effective diet and lifestyle counseling to patients who are overweight and obese.
- ▶ Understand recent trends in diets
- ▶ Recognize the differences between adolescents and adults when it comes to weight management.



Management Strategies

Universal assessment of obesity risk and steps to prevention and treatment.




Sarah E. Barlow Pediatrics 2007;120:S164-S192

PEDIATRICS[®]



- ▶ Eating
- ▶ Exercise
- ▶ Sleep
- ▶ Stress





How To Approach Adolescents

(Is there really a way?)

Using Motivational Interviewing

- ▶ **Assess Patient's Level of Concern and Attitudes**
 - ▶ Concern about weight/nutrition/activity?
 - ▶ Readiness to change?
 - ▶ Past successes and challenges
- ▶ **Is Physician or Provider ready?**
 - ▶ Need sufficient time for discussion
 - ▶ Open-minded, POSITIVE attitude

Using Motivational Interviewing

▶ Empathize/elicit

- ▶ “Your weight for height, or BMI may put you at increased risk of early diabetes”
- ▶ “Have you had any concerns about nutrition or weight changes?”
- ▶ “Would you be interested in talking about ways to reduce risk?”
- ▶ “Have you thought of or tried making any changes?”
- ▶ “How ready do you or your family feel to make changes?”

- ▶ **RECOGNIZE THAT THEIR CONCERNS ARE MUCH DIFFERENT THAN YOURS**

Using Motivational Interviewing

- ▶ Provide a *menu* of evidence-based interventions
 - ▶ “Some suggestions on how to reduce your risk are...”
- ▶ “Are any of these something you and your family would like to work on? Other ideas?”
- ▶ Elicit patient’s response to the advice provided:
 - ▶ What do you think of these ideas?
 - ▶ What might work for you?
 - ▶ What do you need to be successful?
 - ▶ What challenges do you see?

Using Motivational Interviewing

- ▶ Simple messages and plans of action are most effective
- ▶ **Pick single achievable goal with patient at each visit**
- ▶ First step may be “gathering data” – writing down what they eat/drink for a few days, or take pictures, or use the app “YouAte
- ▶ **Encourage active participation by family – but find out how much participation they want**


Be Positive

- ▶ Praise small successes at EACH visit
- ▶ Focus on achieving goals set at each visit, NOT on weight
- ▶ Focus is on health



If They Are
Interested....

Start
Small
and
See
Often



What is different about women?

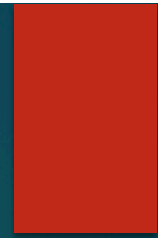
- Women often have a history of many weight loss attempts; “yo-yo” dieting.
- There may be a lot of picky eaters at home.
- Feel discouraged as hormones change

▶ Eating

▶ Exercise

▶ **Sleep**

▶ **Stress**






Not just a lifestyle
change, it's a
complete thought
change.

It won't be easy, and
willpower does not
work.

Dietary advice should be individualized.

What are their food options?, Who else eats with them?, How are they eating now?, Are they willing to cook or would they rather pay for convenience?, What are they willing to change?

Most patients are very confused about how to eat.



In *general*, most people are eating way too many carbohydrates and are completely unaware because they don't eat "sweets".

A great first step is tracking their intake. That alone changes behavior.

General guidelines are helpful,
but be cautious about giving
a specific meal plan.

You should know about The
Ketogenic Diet as well as
Intermittent Fasting.

▶ Eating

▶ Exercise

▶ **Sleep**

▶ **Stress**





➤ It is worth the time to talk about **sleep**.

How much, quality, any snoring/pauses frequent awakenings, etc.

First goal may simply be to improve sleep, perhaps track it.



Stress....

We could talk about this for days.



Resources...

...THAT I FIND HANDY

Apps

- Carb Manager
- Calm
- Insight Timer Meditation
- Headspace
- Step Bet
- Multiple exercise platforms such as BeachBody, Nike Training, Aaptiv, etc.

Books



- ▶ *Portion Size Me : A Kid-Driven Plan to a Healthier Family.* By Alexandra and Marshall Reid. Best for pre-teen kids with motivated parents.
- ▶ *The Beck Diet Solution* by Judith Beck
- ▶ *The PCOS Workbook* by Angela Grassi



Podcasts

- Weight Loss for Busy Physicians by Katrina Ubell
- Losing 100 Pounds with Phit n Phat
- Primal Potential with Elizabeth Benton



▶ Thank You!

▶ I'm happy to answer any questions...