



Goal	Suggested Strategies or Resources
<b>Recommend calorie intake reduction for adults,</b> continued	<ul style="list-style-type: none"> <li>○ balanced diets               <ul style="list-style-type: none"> <li>▪ <i>Jenny Craig</i> (www.jennycraig.com)</li> <li>▪ <i>Nutrisystem</i> (www.nutrisystem.com)</li> <li>▪ <i>Weight Watchers</i> (www.weightwatchers.com)</li> <li>▪ <i>Zone</i> (www.drsears.com)</li> </ul> </li> <li>● A large, consistent body of research supports the Mediterranean diet’s cardiovascular benefits.<sup>12</sup> For a short description of the Mediterranean diet, see <a href="https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/mediterranean-diet">https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/mediterranean-diet</a>.</li> <li>● Consider <b>referral to a nutrition professional</b> for counseling.<sup>3</sup></li> </ul>
<b>Recommend increasing physical activity as appropriate.</b>	<ul style="list-style-type: none"> <li>● <b>Recommend physical activity</b> to contribute to weight loss.<sup>5</sup> <ul style="list-style-type: none"> <li>○ For adults, start with 30 to 45 minutes of moderate-intensity physical activity (e.g., brisk walking, water aerobics, light bicycling) three to five days a week.                   <ul style="list-style-type: none"> <li>▪ Set a goal to increase to at least 30 minutes of moderate-intensity physical activity on most (preferably all) days of the week.</li> </ul> </li> <li>○ Children should get at least 60 minutes of physical activity each day.<sup>13</sup></li> </ul> </li> </ul>
<b>Employ behavior therapy.</b>	<ul style="list-style-type: none"> <li>● Recommend <b>participation in a comprehensive lifestyle program</b> (e.g., diet; exercise; and counseling, education, or support) for at least six months for patients who are overweight or obese.<sup>1,3</sup> This is also the preferred option for overweight and obese children and youth.<sup>9,11</sup> <ul style="list-style-type: none"> <li>○ The <i>Noom</i> app shows promise as an alternative to the in-person education and support component in adults.<sup>14</sup></li> </ul> </li> <li>● Recommend <b>long-term participation in a weight-maintenance program</b> for those who have lost weight.<sup>3,5</sup></li> </ul>
<b>Treat with medications that can help with weight loss when appropriate.</b>  <i>Continued...</i>	<ul style="list-style-type: none"> <li>● Use <b>pharmacotherapy in addition to behavioral modifications</b> when possible for adults with BMI <math>\geq 27</math> kg/m<sup>2</sup> with a comorbidity (e.g., dyslipidemia, hypertension, type 2 diabetes) or BMI <math>&gt;30</math> kg/m<sup>2</sup>.<sup>2</sup> (Note that Canadian guidelines recommend against the routine use of pharmacotherapy for weight loss.<sup>1</sup>)</li> <li>● Although orlistat and liraglutide, are approved for use in adolescents, pharmacotherapy is not the preferred method of weight loss in children.<sup>9,11</sup> Metformin (off-label use) has a small benefit that may not be clinically significant.<sup>11</sup></li> <li>● <b>Choose drug therapy based on side effects, comorbid conditions, and cost.</b><sup>2</sup> See our chart, <i>Weight Loss Products</i>, for dosing, efficacy, cost, and other considerations for use.</li> <li>● <b>Monitor patients</b> using weight loss meds for safety and efficacy monthly for the first three months then every three months thereafter.<sup>2</sup></li> <li>● <b>Use drug therapy on a chronic basis</b> to sustain weight loss and control comorbidities such as type 2 diabetes and hypertension.<sup>2</sup></li> </ul>

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<p><b>Treat with medications that can help with weight loss when appropriate, continued</b></p>	<ul style="list-style-type: none"> <li>• <b>Discontinue treatment</b> if the patient doesn't lose at least ~5% of body weight after 12 weeks on a maximum dose. Consider an alternative medication or treatment.<sup>2</sup> (Canada, <i>Saxenda</i> [liraglutide]: consider an alternative if pediatric patients do not have at least a 1% reduction in BMI after 12 weeks.<sup>15</sup>)</li> <li>• <b>Counsel patients regarding the use of supplements for weight loss</b>, such as about potential side effects (e.g., increased blood pressure and heart rate) from ephedrine and other stimulant-containing supplements, as well as the lack of proof for efficacy for many supplements marketed for weight loss (e.g., garcinia, raspberry ketone, green coffee extract). <ul style="list-style-type: none"> <li>○ See our Natural Medicines Comprehensive Database for details on specific supplements, and see <i>Weight Loss Supplements</i>, part of our <i>Clinical Management Series</i>.</li> </ul> </li> </ul>
<p><b>Steer away from drugs that cause weight gain, if possible.</b></p>	<ul style="list-style-type: none"> <li>• For overweight or obese patients with type 2 diabetes, <b>consider diabetes medications that are either weight neutral or that lead to weight loss.</b><sup>2</sup> See our charts, <i>Drugs for Type 2 Diabetes (U.S.) Stepwise Treatment of Type 2 Diabetes (Canada)</i>, for options.</li> <li>• Access our <b>chart, <i>Drugs Associated With Weight Gain, for more about drugs that can cause weight gain</i></b>, along with reported weight gain and possible alternatives.</li> </ul>
<p><b>Support patients who have had bariatric surgery.</b></p>	<ul style="list-style-type: none"> <li>• <b>Bariatric surgery</b> can be considered for certain individuals with BMI <math>\geq 35</math> kg/m<sup>2</sup> with an obesity-related comorbidity or BMI <math>&gt;40</math> kg/m<sup>2</sup>.<sup>2,3</sup></li> <li>• Access our <b>chart, <i>Bariatric Surgery and Medication Use, to help care for these patients</i></b>.</li> </ul>
<p><b>Encourage patients by sharing information.</b></p>	<ul style="list-style-type: none"> <li>• Make overweight and obese individuals/caregivers aware of the <b>health benefits of weight loss</b>. <ul style="list-style-type: none"> <li>○ Sustained weight loss of around 5% of body weight can lead to improvements in blood pressure, blood glucose, and lipids, as well as a reduced need for some medications such as statins and diabetes meds.<sup>1,3</sup></li> <li>○ Weight loss may help improve physical functioning and ability to increase physical activity.<sup>2</sup></li> </ul> </li> <li>• Advise adults that <b>greater BMI and waist circumference are associated with increased risk of cardiovascular disease, type 2 diabetes, and all-cause mortality.</b><sup>1,3</sup></li> <li>• Advise caregivers that in children, excess body fat is associated with adulthood obesity. Childhood obesity is associated with high blood pressure, dyslipidemia, sleep apnea, asthma, orthopedic problems, polycystic ovary disease, early maturation, and fatty liver.<sup>11</sup></li> <li>• The 5-2-1-0 mnemonic (5 or more fruit/vegetable servings, <math>\leq 2</math> hours' screen time, <math>\geq 1</math> hour of physical activity, and 0 sugary drinks/day) can be used to promote healthy lifestyle choices to children and families.<sup>10</sup></li> <li>• Access <b>more information about healthy weight loss and the benefits</b> of weight loss. <ul style="list-style-type: none"> <li>○ CDC at <a href="http://www.cdc.gov/HEALTHYWEIGHT/LOSING_WEIGHT/INDEX.HTML">http://www.cdc.gov/HEALTHYWEIGHT/LOSING_WEIGHT/INDEX.HTML</a>.</li> <li>○ Health Canada at <a href="http://www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/guide-ld-adult/qa-qr-pub-eng.php#a9">http://www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/guide-ld-adult/qa-qr-pub-eng.php#a9</a>.</li> </ul> </li> </ul>

Goal	Suggested Strategies or Resources
<p><b>Help patients keep track of information to meet their goals.</b></p>	<ul style="list-style-type: none"> <li>• To find <b>information about calorie content of foods and track caloric intake:</b> <ul style="list-style-type: none"> <li>○ Food-o-Meter at <a href="http://www.webmd.com/diet/healthtool-food-calorie-counter">http://www.webmd.com/diet/healthtool-food-calorie-counter</a>.</li> <li>○ MyFitnessPal at <a href="https://www.myfitnesspal.com/">https://www.myfitnesspal.com/</a> (includes a wide variety of apps compatible with a wide variety of devices).</li> </ul> </li> <li>• To <b>track physical activity and calorie intake</b>, suggest a website or app such as MyFitnessPal (<a href="https://www.myfitnesspal.com/">https://www.myfitnesspal.com/</a>)</li> <li>• For patients who prefer <b>manual logs for diet and exercise:</b> <ul style="list-style-type: none"> <li>○ A physical activity log is available at American Heart Association (AHA) at <a href="https://www.heart.org/-/media/files/health-topics/cardiac-rehab/activity-log.pdf">https://www.heart.org/-/media/files/health-topics/cardiac-rehab/activity-log.pdf</a>.</li> <li>○ A food log is available at <a href="https://www.cdc.gov/diabetes/prevention/pdf/t2/Handouts-Food_Log.pdf">https://www.cdc.gov/diabetes/prevention/pdf/t2/Handouts-Food_Log.pdf</a>.</li> </ul> </li> <li>• The U.S. Department of Health and Human Services (DHHS) has an interactive weekly activity planner “Move Your Way,” available at <a href="https://health.gov/moveyourway/activity-planner/activities">https://health.gov/moveyourway/activity-planner/activities</a>.</li> </ul>

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