

ACP Obesity Management Materials and Resources

Lifestyle Modification

Diagnose and Stage Obesity

[CDC's Adult BMI Calculator](#): This BMI calculator provides body mass index and the corresponding weight status category.

[BMI Calculator App](#): This BMI Calculator from NIH is an online tool that allows both English and metric inputs, offers a free App for download to iOS and Android handheld devices, and is available in Spanish.

Talk About Weight With Your Patient

[Weight Stigma video](#): This video (2:36 min) offers information about weight stigma and its effects

[Fat Shaming video](#): This video (4:31 min) shares one woman's experiences with being stereotyped and shamed because of her weight during an important medical appointment.

[Internalized Weight Stigma video](#): Watch this video (0:35 sec) to learn why internalized weight stigma can make weight management harder.

Heart Healthy Recipes for Patients

[Heart Healthy Home Cooking African American Style](#): This NIH cookbook provides recipes for 26 tested and tasty favorite African American dishes. Recipes give nutrient analyses that include carbohydrates and protein. It also covers heart-healthy food substitutions and food safety.

[Delicious Heart Healthy Latino Recipes/Platillos latinos ¡sabrosos y saludables!](#): This bilingual (English and Spanish) collection from NIH provides recipes for 26 popular, easy-to-prepare, taste-tested Latino dishes created in a heart-healthy style (lower in fat and sodium than traditional versions). It includes heart-healthy food substitutions, food safety, a glossary of international terms for Latino cuisine, and nutrient analyses.

[When Delicious Meets Nutritious: Recipes for Heart Health](#): The recipes in this NIH fact sheet include dishes, such as Mediterranean kabobs and edamame stew, that are low in saturated fat, total fat, cholesterol, and sodium.

[Keep the Beat Recipes: Deliciously Healthy Dinners](#): This classic cookbook from NIH has a new look with 75 new deliciously healthy recipes, beautiful full-color design throughout, and original

food photographs. The focus is on heart-healthy dinner entrees and side dishes, influenced by Asian, Latino, Mediterranean, and American cuisines.

DASH Diet

[NIH DASH Resources](#): The U.S. Department of Health & Human Services provides evidence-based information and resources for clinicians and patients seeking to follow a DASH diet.

[A Week With the DASH Plan](#): The NIH produced this meal-by-meal guide with examples of DASH selections forming a full 7-day meal plan.

Physical Activities and Other Behaviors

[Health.gov Move Your Way interactive tool](#): Share this interactive planner with your patients to help them build a weekly activity plan.

[Move Your Way Tips For Busy Days video](#): This video (2:00 min) offers tips on how busy patients can get moving while getting things done.

[Physical Activity Guidelines for Americans](#): This resource for health professionals and policymakers provides recommendations on how everyone can improve their health through regular physical activity.

[Talk to Your Patients About Physical Activity](#): This PDF contains quick conversation starters, recommendations for physical activity, and other resources for patients.

[Activity Planner](#): This online planner helps adults set goals, choose activities to do, and stay motivated. When done planning, print the plan for the patient to track activity throughout the week.

[Move Your Way Tips for Getting Motivated video](#): Everyone needs physical activity to stay healthy, but it can be hard to get started. Watch this video (2:04 min) for tips to get motivated.

[What's Your Move: Physical Activity for Adults](#): This downloadable PDF explains the benefits of exercise and physical activity, provides specific examples of moderate and vigorous activities, and provides motivating tips to get started.

[Physical Activity for Older Adults](#): This downloadable PDF explains the benefits of exercise and physical activity for older adults and provides motivating tips to get started.

General Patient Education Resources

[Lifestyle and Nutrition for Obesity](#): This ACP-produced handout includes information for your patients on what it means to have obesity and how it can negatively affect their health, lifestyle and nutrition modifications they can make, and additional treatment options they may need to pursue.

[Lifestyle and Nutrition for Obesity in Spanish](#): This Spanish version of the ACP-produced handout includes information for your patients on what it means to have obesity and how it

can negatively affect their health, lifestyle and nutrition modifications they can make, and additional treatment options they may need to pursue.

[Lifestyle and Nutrition Checklist](#): This ACP-produced “You Can Do It!” checklist enables patients to select from a menu of self-management techniques and healthy habits as they commit to pursue weight loss actions and a healthier lifestyle. There is also free space for patients to write in their own ideas. Encourage your patients to commit to a few habits in each area and review this checklist with them at follow-up visits to see how they are progressing.

[Lifestyle and Nutrition Checklist in Spanish](#): This Spanish version of the ACP-produced “You Can Do It!” checklist enables patients to select from a menu of self-management techniques and healthy habits as they commit to pursue weight loss actions and a healthier lifestyle. There is also free space for patients to write in their own ideas. Encourage your patients to commit to a few habits in each area and review this checklist with them at follow-up visits to see how they are progressing.

[Who’s Who on the Obesity Care Team](#): This handout explains the role of each health care team member a patient may encounter as they navigate treatment for overweight or obesity.

[Who’s Who on the Obesity Care Team in Spanish](#): This Spanish version of the handout explains the role of each health care team member a patient may encounter as they navigate treatment for overweight or obesity.

[Obesity Educational Resources](#): The Obesity Action Coalition offers a wide variety of brochures, guides, and fact sheets on obesity and related topics. Each of the materials can be downloaded and printed.

[CDC Fact Sheets and Brochures](#): The CDC has many downloadable PDFs on obesity, weight management, and related topics.

[Patient Informational Pages](#): The Obesity Society offers a series of patient informational pages. Physicians can freely photocopy these pages and share them via websites. [Note: as of December 22, 2020, their medication fact sheet still included lorcaserin, which was removed from the market.]

Clinical Guides and Tools

[Guide for the Management of Obesity in the Primary Care Setting](#): This guidance from the STOP Obesity Alliance provides specific suggestions for obesity diagnosis, patient communication, and using the 6 A's model for patient counseling.

[STOP Obesity Alliance Resources](#): The Weight Can't Weight initiative from the STOP Obesity Alliance provides multiple downloadable resources, including printable infographics, competencies for educators, patient education materials, and additional curated links.

Antiobesity Pharmacotherapy

Obesity Medications

[Risk Evaluation and Mitigation \(REMS\) Training](#): Physicians must complete brief, mandatory REMS training before prescribing phentermine/topiramate for weight loss to reduce and mitigate risks, including teratogenicity.

Patient Education Resources

[Medication and Weight Loss](#): This handout includes information on medications and weight for patients. It addresses how some medications for other medical conditions can cause weight gain, information on how weight loss medication works, who might benefit from taking it, and what to expect when starting a new prescription for weight loss medication.

[Medication and Weight Loss in Spanish](#): This Spanish version of the handout includes information on medications and weight for patients. It addresses how some medications for other medical conditions can cause weight gain, information on how weight loss medication works, who might benefit from taking it, and what to expect when starting a new prescription for weight loss medication.

Bariatric Surgery

Preoperative Planning

[AAACE/TOS/ASMBS Clinical Practice Guidelines for the Perioperative Nutritional, Metabolic, and Nonsurgical Support of the Bariatric Surgery Patient – 2019 Update](#): This consensus document provides detailed guidance on eligibility for bariatric surgery, surgical procedure selection, preoperative management, medical risk assessment, early postoperative care, follow-up care, and criteria for hospital admission after bariatric surgery.

[MBSAQIP Bariatric Surgical Risk/Benefit Calculator](#): This tool provides estimates regarding a patient's risk for postoperative complications, remission of weight-related comorbidities, and weight loss for each of the four primary bariatric surgical procedures based on preoperative information entered about the patient.

Patient Education Resources

[Weight Loss Surgery](#): This handout includes information on weight loss surgery for your patients. It covers the 3 most common surgical procedures for weight loss, general prerequisites for surgery, risks and benefits of surgery, and considerations for after surgery.

[Weight Loss Surgery in Spanish](#): This Spanish version of the handout includes information on weight loss surgery for your patients. It covers the 3 most common surgical procedures for weight loss, general prerequisites for surgery, risks and benefits of surgery, and considerations for after surgery.

[Obesity Surgery Patient Learning Center](#): These resources from the American Society for Metabolic and Bariatric Surgery can help patients learn more about obesity surgery and related topics.