

BMI BRIEF ADVICE AND FOLLOW UP

For Patients with BMI ≥ 18.5 —Normal, Overweight, or Obese

1. For: _____ DOB: ____/____/____
Last name First name Middle Initial

2. Current BMI: ____

3. Status: *check only 1*

___ Normal BMI 18.5-24.9

___ Obese ≥ 30

___ Overweight 25-29.9

___ Extremely Obese ≥ 40

4. Brief advice

___ Normal BMI

You have a BMI of ____, which is normal. Most people gain weight as they age. Maintain or change some fundamental health behaviors to prevent that weight gain.

___ Overweight BMI

Your BMI is ____, which is overweight. This is a concern because (*link to future health problems*). Fundamental health behaviors can prevent more weight gain. Would you like to lose weight?

___ Obese BMI / Overweight + risk factors

or no risks but wants to lose weight

Your BMI is ____, which is (*obese or overweight*). This is a concern because (*link to current health problems*). You should lose weight. Change some fundamental health behaviors, and use more intensive strategies to lose weight.

5. Fundamental behaviors that will help everyone improve health:

Nutrition:

- Eat 5+ servings of fruits/veggies per day
- Limit high calorie drinks like soda, juice, alcohol
- Eat a healthy breakfast
- Limit eating out: have family meals, pack lunches
- Reduce portion sizes of high-calorie foods
- Avoid high calorie/fat snacks – try fruit/veggies

Physical activity:

- Move 30 minutes per day
- Less than 2 hrs/day of “screen time”-- TV, computers, video games

Other:

- 6-8 hours of sleep helps maintain healthy weight

6. **Intensive, evidence-based strategies for weight loss.** Reducing calories is the main key to weight loss. Patients can lose weight with diet change alone. Physical activity will burn calories. Combining diet with physical activity is the most effective formula.

Behavior Change

- Monitor intake with journal, website, or “app”
These help with calorie counting/decision making
- Use meal replacements like boxed meals or shakes
These help with portion control, eliminating choices
- Get support via specialist or commercial programs
Coaching provides guidance and accountability

Pharmaceutical/Surgical:

- Don't use fad pills or supplements—they are not effective
- Consider prescription weight loss medications, PLUS lifestyle changes, for BMI >30
- Consider surgery for severely obese (BMI ≥ 40 or ≥ 35 with comorbid conditions) if other options fail

7. **Agree on a Plan:** Date for Clinic Follow Up: ____/____/____ (no need for normal BMI)

Goals: _____