

Follow-up Plan for “At Risk” BMI

Overweight: BMI: 25-29.9; \geq 1 Risk Factor
Advise weight maintenance at minimum

Encourage healthy behaviors:

- 180 minutes exercise/week
- \geq 5 fruits & vegetables/day
- Limit sugar sweetened beverages
- 6-8 hours sleep/night

Assist with weight loss if patient is motivated
(see below)

Always document BMI and follow-up plan

Overweight/Obese

BMI \geq 25 w/ \geq 2 Risk Factors or \geq 30 BMI

Use AAA_p for brief treatment

- ♦ **A: Assess**– BMI, waist circumference, risk factors
- ♦ **A: Advise**– tell your patients clearly the truth about their weight and the related health consequences
- ♦ **A_p: Agree on a plan**– select diet/activity goals
- ♦ Use weight friendly drugs and discontinue weight unfriendly drugs
- ♦ Refer to weight loss specialist/surgery

Always document BMI and follow-up plan