ASSESSMENT TO ACTION

A System-Wide Initiative to Improve Obesity Care

DECERA CLINICAL Education

Why This Matters

Obesity is a chronic disease that requires intentional, ongoing care. The goal of obesity management is not just weight loss, but also prevention and improvement of weight-related conditions.

Use the 6 As to Move From Recognition to Action—Turning Conversations Into Better Outcomes

Ask
Permission to discuss and assess weight status
Permission and Sensitivity

Assess
BMI, adipose tissue distribution (eg, waist circumference), weight-related conditions, readiness for change
Go Beyond BMI

Advise
On weight status and diagnosis (see current guidelines for criteria), related health effects, and treatment options
Evidence-Based Guidance

Agree
On realistic goals and treatment actions
Collaborative Planning

Assist
With resource identification, referrals, treatment access
Plan Management

Arrange
For follow-up
Ongoing Support

Start With the Foundations: Nutrition and Physical Activity

Nutrition Support

- Refer to registered dietitian
- Personalize to patient goals
- Include adequate protein intake to maintain lean mass
- Support long-term adherence

Physical Activity

- Encourage achievable movement goals
- Aim toward 30–60 minutes of moderate to vigorous activity most days
- Include strength training for muscle maintenance
- Support cardiometabolic health and weight maintenance

Include Additional Evidence-Based Treatment Options

- Behavioral support
- Pharmacotherapy
- Metabolic/bariatric surgery

Key Clinical Pearls: If we don't ask, we miss the opportunity to treat

- Measure improvements beyond weight loss; the goal of treatment is improved health
- Avoid weight bias and stigma
- Nutrition and activity recommendations apply to all patients
- Include pharmacotherapy and surgery as options for individualized treatment
- Long-term management is essential; follow up, expect relapse, and adjust care