Web Resources

Obesity Screening and Assessing Patient Readiness for Weight Loss

- STOP Obesity Alliance
- STOP Obesity Alliance: Why weight? A Guide to Discussing Obesity and Health with Your Patients
- USPSTF: Obesity in Adults: Screening and Management, June 2012
- CDC: Assessing your Weight
- NHLBI: Risks of Overweight and Obese
- Patient forms and questionnaires that can be modified or adapted for use into clinical practice:
  - University of Michigan other various patient questionnaires
  - New patient screening form

Assessment of Risk Factors

- U.S. Preventive Services Task Force: Obesity in Adults: Screening and Management, June 2012
- Centers for Disease Control and Prevention
  - Adult Overweight and Obesity
  - Assessing Your Weight
  - Risks of Overweight and Obese
- Patient forms and questionnaires that can be modified or adapted for use into clinical practice:
  - University of Michigan other various patient questionnaires
  - New patient screening form

Lifestyle Therapy: Diet

- ACOG Resources
  - ACOG Patient Ed: Patient FAQ 064 - Weight Control: Eating Right and Keeping Fit
  - ACOG Patient Ed: Patient FAQ 045 - Exercise and Fitness
  - ACOG Patient Ed: Patient FAQ 130 - Healthy Eating
- USDA Supertracker
National Heart, Blood, Lung Institute (NHBLI–NIH)
- Selecting a Weight-Loss Program
- Aim for a Healthy Weight
- NIH weight control information network (WIN): Just Enough for You: About Food Portions
- MOVE! Weight Management Program
- CDC National Diabetes Prevention Program

Lifestyle Therapy: Physical Activity
- MOVE! Weight Management Program
- NIH weight control information network (WIN): Better Health and You: Tips for Adults
- NIH weight control information network (WIN): Walking: A Step in the Right Direction
- NIH weight control information network (WIN): Changing your Habits, Steps to Better Health
- NIH weight control information network (WIN): Tips to Help You Get Active

Lifestyle Therapy: Behavioral Strategies
- CDC National Diabetes Prevention Program
- CDC NIDDK Publications Catalog
- NIH weight control information network (WIN): Better Health and You: Tips for Adults
- NIH weight control information network (WIN): Just Enough for You: About Food Portions
- NIH weight control information network (WIN): Walking: A Step in the Right Direction
- NIH weight control information network (WIN): Changing your Habits, Steps to Better Health
- NIH weight control information network (WIN): Tips to Help You Get Active

Pharmacologic and Surgical Interventions

Physician Resources
- Obesity Action Coalition
  - Physician-supervised Weight-loss (Overweight, Obesity and Severe Obesity)
  - Bariatric Surgery (Severe Obesity)
- UpToDate: Obesity in adults: Drug therapy
- American Society of Bariatric Physicians (ASBP) ASBP Obesity Algorithm: Adult Adiposity Evaluation and Treatment 2013
Patient Resources

- WebMD: Weight Loss and Obesity
  - Prescription Weight Loss Drugs
  - Choosing a Type of Weight Loss Surgery
  - Is Weight Loss Surgery Right for You?
- American Society of Bariatric Physicians (ASBP) ASBP Obesity Algorithm: Adult Adiposity Evaluation and Treatment 2013

Other Resources

- ACOG Committee Opinion No. 600: Ethical Issues in the Care of the Obese Woman
- American Family Physicians: Obesity
- Obesity Action Coalition: Brochures/Guides/Fact Sheets
- National Lipids Association
- Treat Obesity Seriously
- The Obesity Society
- CDC National Diabetes Prevention Program
- CDC National Diabetes Prevention Program - Registry of Recognized Organizations
- CDC NIDDK Publications Catalog

Toolkit Resources

- Obesity Assessment Algorithm
- Body Mass Index Table
- Waist Circumference Measurement Tool
- Obesity Comorbidities Coding Chart