

Raising the issue of weight with Adults

***“I haven’t checked your weight & height in a while.
I can check it today as part of your check-up if that’s ok?”***

1. Is the patient overweight/obese?

Check weight and height. Calculate Body Mass Index (BMI = weight (kg) divided by height (m²).

BMI (Kg/m ²)	Weight Classification
<18.5	Underweight
18.5-24.9	Normal
25-29.9	Overweight
≥30	Obese

2. Explain why excess weight could be a problem

- Linking weight to an existing medical concern is often an opportunity to raise the issue of weight management
“Did you know that losing weight could help lower your blood pressure?”
- Explain that further weight gain is undesirable
“Gaining more weight will put your health at greater risk”

3. Next steps

- Highlight the benefits of modest (5-10%) weight loss.
“Losing a small amount of weight such askg/lbs (calculate for the patient) at a slow rate of 0.5-1kg/1-2lbs per week over the next 6 months will improve your health”
- Advise the patient to keep a food and exercise diary for 4 days. Aim for the following:

Food Diary	Exercise Diary
3 regular meals a day	At least 30mins of exercise 5 or more days/week.
5 portions of fruit and vegetables per day	Aim for some strenuous exercise. <i>i.e. not out of breath but breathing faster than normal and breaking a sweat.</i>
Low-fat varieties of foods. <i>e.g. low fat milk, cheese etc.</i>	Involvement in formal exercise. <i>e.g. club/gym/ walking-group membership.</i>

- If BMI is 40, proceed with above and arrange referral to hospital-based weight management service.

4. At subsequent visits

- Recheck BMI and assess trend in weight
- Assess the food & exercise diary - identify & agree areas for improvement
- Review targets
- Agree regular follow up – ideally every 4 weeks.
- Once 10% weight loss is achieved encourage weight maintenance for 6 months
- Consider other options e.g. dietitian, pharmacotherapy, bariatric surgery (hospital referral for BMI >40)

For more resources see: www.indi.ie , www.weigh2live.safefood.eu/, www.icgp.ie/weightmanagement

Weight loss needed to achieve 5% and 10% weight loss, based on start weight (in half stone bands)

WEIGHT		To Lose 5% means Losing:		To Lose 10% means Losing:	
Imperial (stones)	Metric (Kg)	Imperial (lbs)	Metric (Kg)	Imperial (lbs)	Metric (Kg)
8	51	5.5	2.5	11	5.1
8.5	54	6	2.7	12	5.4
9	57	6.5	2.8	13	5.7
9.5	60	6.5	3	13	6
10	63	7	3.1	14	6.3
10.5	66	7.5	3.3	15	6.6
11	70	7.5	3.5	15	7
11.5	73	8	3.6	16	7.3
12	76	8.5	3.8	17	7.6
12.5	79	8.5	3.9	17	7.9
13	83	9	4.1	18	8.3
13.5	86	9.5	4.3	19	8.6
14	89	10	4.4	20	8.9
14.5	92	10	4.6	20	9.2
15	95	10.5	4.7	21	9.5
15.5	98	11	4.9	22	9.8
16	102	11	5.1	22	10.2
16.5	105	11.5	5.2	23	10.5
17	108	12	5.4	24	10.8
17.5	111	12	5.5	24	11.1
18	114	12.5	5.7	25	11.4
18.5	117	13	5.8	26	11.7
19	121	13.5	6	27	12.1
19.5	124	13.5	6.2	27	12.4
20	127	14	6.3	28	12.7
20.5	130	14.5	6.5	29	13
21	133	14.5	6.6	29	13.3
21.5	136	15	6.8	30	13.6
22	140	15.5	7	31	14
22.5	143	15.5	7.1	31	14.3
23	146	16	7.3	32	14.6
23.5	149	16	7.4	32	14.9
24	152	16.5	7.6	33	15.2
24.5	155	17	7.7	34	15.5
25	159	17.5	7.9	35	15.9
25.5	162	18	8.1	36	16.2
26	165	18	8.2	36	16.5
26.5	168	18.5	8.4	37	16.8
27	171	18.5	8.5	37	17.1
27.5	174	19	8.7	38	17.4
28	178	19.5	8.9	39	17.8
28.5	181	20	9	40	18.1
29	185	20	9.2	40	18.5
29.5	188	20.5	9.4	41	18.8
30	191	21	9.5	42	19.1