

## 2020 Clinical Practice Guidelines: 5As Framework for Obesity Management in Adults

**i** Obesity is a complex, progressive, and relapsing chronic disease characterized by abnormal and/ or excessive body fat (adiposity) that impairs health.

Please scan code for detailed information.  
obesitycanada.ca/guidelines



### 1 Ask

Weight is a sensitive issue. Do not assume every patient with a larger body has obesity. Ask for permission to discuss body weight. Does the person feel their weight is impairing their medical, functional, or psychosocial health?

*"Would it be alright if we discussed your weight?"*

- i** If the person is not ready to discuss their weight offer resources about obesity as a chronic disease and an open opportunity to reassess.

### 2 Assess

Understanding an individual's story and life context is crucial in the management of obesity.

1. The value-based goal that matters to the patient  
*e.g. Being able to play at the park with my grandchildren*
2. Obesity classification (height, weight, BMI & waist circumference)
3. Adiposity related complications and 'root causes' of weight gain  
(*4M framework - Mechanical, Metabolic, Mental and Social Milieu*)
4. Disease severity e.g. Edmonton Obesity Staging System (EOSS)

#### Primary care assessment

5as Toolkit  
obesitycanada.ca/5as-team/



### 3 Advise

On obesity risks. Discuss the health benefits of obesity management.

#### Medical Nutrition Therapy (MNT)

MNT is used in managing chronic diseases and focuses on nutrition assessment, diagnostics, therapy and counselling. MNT should:

- a. be personalized and meet individual values, preferences and treatment goals to promote long term adherence
- b. be administered by a registered dietitian to improve weight-related and health outcomes

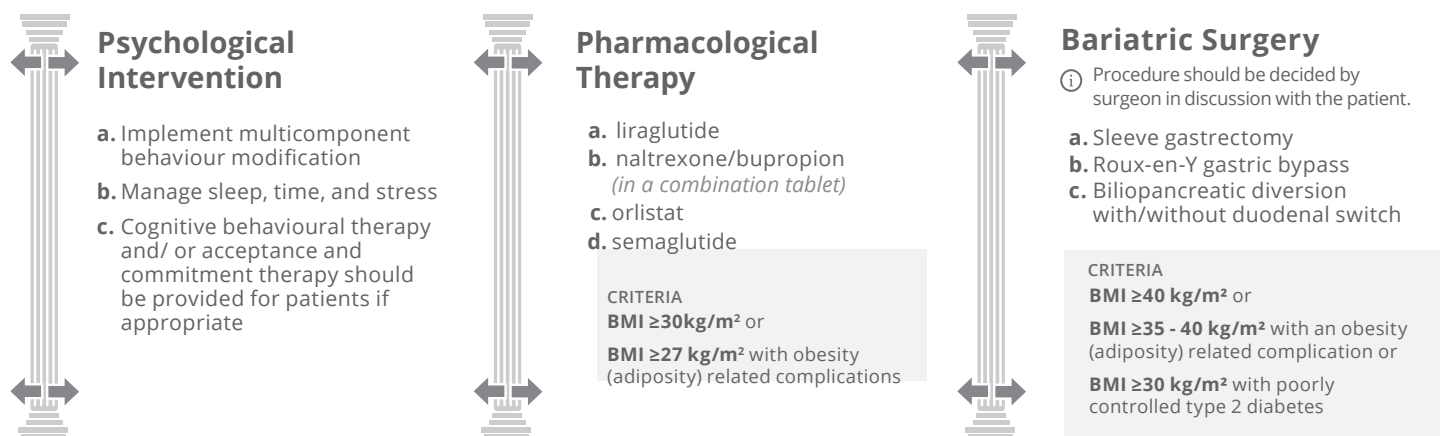
#### Physical Activity

30-60 mins of aerobic activity on most days of the week, at moderate to vigorous intensity, can result in:

- a. small amount of weight and fat loss
- b. improvements in cardiometabolic parameters
- c. weight maintenance after weight loss

**i** Remember nutrition and physical activity recommendations are important for all Canadians regardless of body size or composition.

### The Three Pillars of Obesity Management that Support Nutrition and Activity



**Treating the root causes of obesity is the foundation of obesity management - refer to the 4M framework - mechanical, metabolic, mental and social milieu**

### 4 Agree

Agree on realistic expectations, sustainable behavioural goals, and health outcomes. Agree on a personalized action plan that is practical and sustainable, and addresses the drivers of weight gain.

### 5 Assist

Assist in identifying and addressing drivers and barriers. Provide education and resources. Refer to appropriate providers or interdisciplinary teams (if available). Arrange for regular, timely follow-up.