

**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?

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

**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)

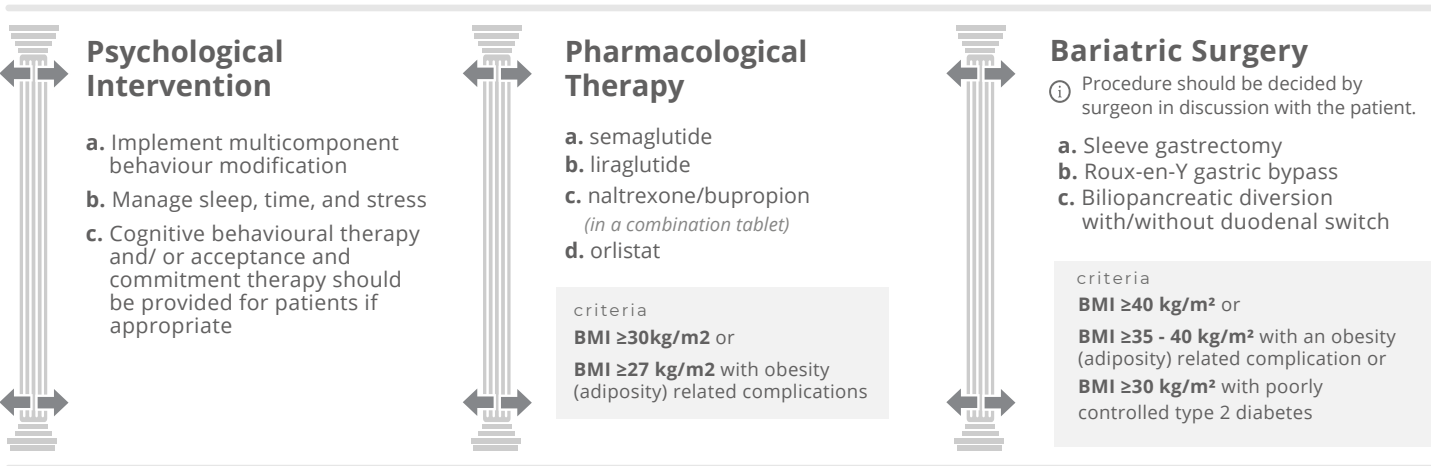
**Primary care assessment 5as Toolkit**  
obesitycanada.ca/5as-team/

**3 Advise** | On obesity risks. Discuss the health benefits of obesity management.

<p><b>Medical Nutrition Therapy (MNT)</b></p> <p>MNT is used in managing chronic diseases and focuses on nutrition assessment, diagnostics, therapy and counselling. MNT should:</p> <ul style="list-style-type: none"> <li>a. be personalized and meet individual values, preferences and treatment goals to promote long term adherence</li> <li>b. be administered by a registered dietitian to improve weight-related and health outcomes</li> </ul>	<p><b>Physical Activity</b></p> <p>30-60 mins of aerobic activity on most days of the week, at moderate to vigorous intensity, can result in:</p> <ul style="list-style-type: none"> <li>a. small amount of weight and fat loss</li> <li>b. improvements in cardiometabolic parameters</li> <li>c. weight maintenance after weight loss</li> </ul>
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**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.

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**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.