


**OBESITY MANAGEMENT IN PRIMARY CARE TRAINING AND CERTIFICATE PROGRAM**



**Module 4 - PEARLS: Foundations of Treatment**

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**Goals of This Session**

- Review clinical pearls from the Lifestyle Intervention Clinical Webinar
- Apply nutritional plan selection and physical activity prescribing to clinical practice
- Demonstrate how to use potential applicable resources to clinical practice

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**PEARLS from the Module 4 Clinical Webinar**

- There is no ONE nutrition plan that works for everyone
- Nutrition planning is based on multiple items:
  - Patient's metabolic profile
  - Medical history
  - Past nutrition history
  - Dietary preferences
  - Cultural and social background
- Physical activity and physical fitness are crucial components of overall health
- The effects of physical activity are far-reaching and very complex

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**PEARLS from the Module 4 Clinical Webinar**

- Use the 5As as a framework to address health behaviors
- Use motivational interviewing when determining your patient's motivation, assessing health behaviors, and facilitating behavior change
- Use shared decision-making and CBT when developing a plan
- When you address lifestyle, you are addressing the root of most chronic medical conditions, and you can **reverse, resolve, and prevent** disease

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**Applying to Practice:  
Nutrition Plan Selection**

- Low fat
- Low carbohydrate
- Mediterranean
- Meal replacement
- Calorie restricted

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**Applying to Practice: Writing a Physical Activity Rx:  
FITTE-VP**

- Frequency
- Intensity
- Type
- Time
- Enjoyment
- Volume
- Progression

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### Applying to Practice: Writing a Physical Activity Rx

Examples of a physical activity prescription:

-  FITTE-VP: Frequency, intensity, type, time, enjoyment, volume, progression
-  Walk at a brisk pace for 20 minutes
-  Three times a week: Monday, Wednesday, Friday at 7:00 a.m.
-  Listen to favorite podcast
-  Volume: 60 minutes moderate intensity PA per week
-  Increase by 5 minutes every 2 weeks

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### Using Resources

- DPP example: ([https://www.cdc.gov/diabetes/prevention/pdf/12/Participant-Module-11\\_Cope\\_with\\_Triggers.pdf](https://www.cdc.gov/diabetes/prevention/pdf/12/Participant-Module-11_Cope_with_Triggers.pdf))
- Patient states that they are under a lot of stress and always find they eat more than their plan
  - Pull out the Cope with Triggers handout
  - Have the patient circle any of the triggers that resonate for them on Pages 4–7
  - Then ask them if one or two of the ways to cope seem like something they can do over the next two weeks
  - Or, ask if they have other ideas—if so, have them write down these ideas.
  - Now, make a SMART goal around this coping

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### Using Resources

- VA MOVE(<https://www.move.va.gov/MOVE/handouts.asp>)
- Patient states that they are hungry all the time
  - Pull out the *Hungry All the Time* handout ([https://www.move.va.gov/docs/NewHandouts/BehavioralHealth/B15\\_HungryAllTheTime.pdf](https://www.move.va.gov/docs/NewHandouts/BehavioralHealth/B15_HungryAllTheTime.pdf))
  - Go over the teaching
  - Ask the patient if any of the items suggested resonate for them
  - Or, ask if they have other ideas—if so, have them write these ideas
  - Now, make a SMART goal around this behavior for the next two weeks

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**Using Resources**

- Truth About Weight (<https://www.truthaboutweight.com/>)
- Patient states “Why can’t I keep the weight off? I have lost my body weight numerous times!”
  - Pull out the *Why it is so hard to lose weight* handout ([https://www.truthaboutweight.com/content/dam/truthaboutweight/downloads/US200B00080\\_Tug-of-War\\_Flashcard.pdf](https://www.truthaboutweight.com/content/dam/truthaboutweight/downloads/US200B00080_Tug-of-War_Flashcard.pdf))
  - Go over the teaching to help answer the question

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**Case Study: Meet John**

- John is a college junior and is trying to balance his social life, his schoolwork, and his internship.
- He often stays up until midnight or 1am, studying or hanging out with friends.
- He wakes up at 6am every morning for his research internship.
- John starts his day with coffee and a bagel or cereal. He grabs fast meals on the go whenever he can. He tries to choose healthy options, when possible.
- At night, he keeps himself awake with energy drinks and snacks or sugary foods to keep him “energized” in order to complete his homework and have time to socialize with friends.
- He gets hungry every 2-3 hours and snacks on pretzels, chips, and granola bars or energy bars between meals.
- On weekends, he and his friends like to watch football, drink beer, and eat pizza.
- John struggles with finding time for physical activity between classes and his internship.



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**Coping with Triggers- John’s Suggestions:**

 <p><b>Fatigue</b></p> <ul style="list-style-type: none"> <li>▪ Aim for 7-8 hours of sleep most nights</li> <li>▪ Assess homework/ studying schedule</li> <li>▪ Limit social interactions to certain nights of the week, or limit to certain time (ex: 10pm)</li> <li>▪ Limit caffeine consumption</li> </ul>	 <p><b>Hunger:</b></p> <ul style="list-style-type: none"> <li>▪ Increase protein and fiber in diet; decrease sugar and simple starches; avoid “blood sugar rollercoaster”</li> <li>▪ Consider AOM</li> <li>▪ Consider MBS</li> </ul>	 <p><b>Boredom:</b></p> <ul style="list-style-type: none"> <li>▪ Find an active hobby when bored</li> <li>▪ Study with a friend</li> <li>▪ Listen to music when bored</li> </ul>
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### Increasing Physical Activity

- 1 Ask John to write down his daily schedule of classes, internship, and social events
- 2 Ask John when would be the best time in his day for 10-15 min of activity
- 3 Ask John what kinds of activity he would like to do and what he has access to
- 4 Ask John if he has additional barriers to physical activity
- 5 Ask John to write a FITTE plan for physical activity, that he has at least an 8/10 confidence that he can achieve

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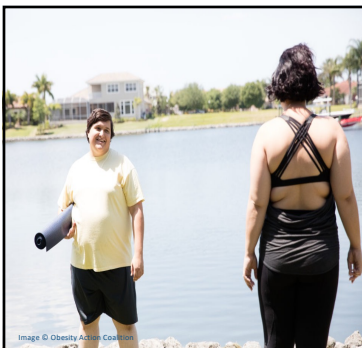
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### John's Physical Activity Plan

- **F:** 5 days a week (M-F)
- **I:** Light to moderate intensity
- **T:** Yoga
- **T:** 10-15 minutes, at 5pm
- **E:** He enjoys yoga, he enjoys spending time with his friend, who will also keep him accountable

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# Thank you!

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