

# OBESITY MANAGEMENT IN PRIMARY CARE CERTIFICATE PROGRAM:

A Practice Management & Leadership Training Program for PAs and NPs



## Module 4: Lifestyle Interventions *Clinical Webinar Engagement Worksheet*

1. The four primary lifestyle interventions focus on \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
2. The primary reason to use tools such as pharmacotherapy and/or metabolic and bariatric surgery are to \_\_\_\_\_.
3. The 5As of behavior change stand for \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
4. Give an example of a provider using the “righting reflex” when counseling a patient on nutrition.  
\_\_\_\_\_  
\_\_\_\_\_
5. Give an example of how the provider could have approached the patient in your example above differently using motivational interviewing.  
\_\_\_\_\_  
\_\_\_\_\_
6. Taking a different route home from work to avoid driving past one’s favorite fast-food restaurant is an example of \_\_\_\_\_ in cognitive behavioral therapy.
7. Give an example of a situation where a patient might need contingency management, and how you would use partnership to create strategies to help the patient prevent a lapse or relapse.  
\_\_\_\_\_  
\_\_\_\_\_
8. Mr. Smith reports that he is an “emotional eater” and finds that he frequently overeats foods like chips and pretzels when he is stressed. How do you help Mr. Smith with his dilemma?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
9. When taking a nutrition history, list 4 items that should be included: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

10. List the order of substrate utilization (fat, protein, glucose, alcohol) from first to last:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

11. Which of the macronutrients is NOT a necessary macronutrient and why?

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12. A very low carbohydrate eating plan is an eating plan that contains less than \_\_\_\_ grams of carbohydrates per day.

13. What type of a nutrition plan would be most beneficial in a patient with prediabetes, hypertension, class II obesity, and dyslipidemia (high triglycerides and low HDL)?

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14. What is the primary predictor of premature death? \_\_\_\_\_

15. A patient reports that they engage in moderate intensity walking for 45 minutes, 3 times a week. Are they achieving the amount of physical activity recommended by the physical activity guidelines for Americans? If not, how would you counsel this patient regarding their activity?

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16. Which hormone acts on the hypothalamus to control physical activity and NEAT? \_\_\_\_\_

17. Which two questions are used to determine the Physical Activity Vital Sign (PAVS)? \_\_\_\_\_

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18. What does the acronym FITTE-VP stand for? F=\_\_\_\_\_, I=\_\_\_\_\_,  
T=\_\_\_\_\_, T=\_\_\_\_\_, E=\_\_\_\_\_, V=\_\_\_\_\_,  
P=\_\_\_\_\_