

OBESITY MANAGEMENT IN PRIMARY CARE CERTIFICATE PROGRAM:

A Practice Management & Leadership Training Program for PAs and NPs



Module 1

Obesity is a Complex Disease: Scope and Pathophysiology Clinical Webinar Engagement Worksheet

INSTRUCTIONS: This worksheet is designed to help support a more meaningful learning experience. As you follow along in the clinical webinar, you'll be asked to reflect on clinical practice behaviors and your personal experience as you complete the questions below.

1. Obesity is a _____, _____, and _____ disease that is associated with numerous complications, morbidities, and heightened mortality risk.
2. Obesity rates in adults, adolescents, and children are still rising in the U.S. Yes No
3. Class 1 obesity is associated with an BMI range of _____ kg/m² to _____ kg/m².
4. Name 3 disorders associated with the metabolic effects of obesity _____, _____, and _____.
5. Two risks for developing obesity are _____ and _____.
6. The underlying pathogenesis of obesity risk is _____, and _____ influences can lead to altered _____ signaling.
7. List 4 biomarkers for obesity-related metabolic syndrome: _____, _____, _____, and _____.
8. The rates of those with obesity who have metabolically healthy obesity (MHO) range from _____% to _____%.
9. Individuals with MHO still have a high risk of long-term, obesity-related morbidities
Yes No
10. All patients with high polygenic obesity risk scores eventually develop obesity.
Yes No

OBESITY MANAGEMENT IN PRIMARY CARE CERTIFICATE PROGRAM:

A Practice Management & Leadership Training Program for PAs and NPs



11. List at least 5 examples of environmental factors that may influence epigenetics related to the development of obesity:

12. Adipose tissue is an _____ organ that stores energy in the form of _____.

13. The higher the amount of visceral fat, the greater the insulin resistance. Yes No

14. Insulin affects body weight by doing the following in adipose tissue, **↑** or **↓** _____ Lipolysis, _____ Fat uptake, _____ Lipogenesis.

15. The greatest energy expenditure comes from which metabolic process? Physical activity
 Thermogenesis Resting/basal rate

16. Circle the peripheral hormone(s) that promote **satiety** within the hypothalamic appetite regulatory system: Ghrelin, GLP-2, PYY, CCK, Insulin, Amylin, Leptin

17. Disordered sleep will impact the following hormone and behavior responses in which way, **↑** or **↓**? Ghrelin _____, Leptin _____, Adiponectin _____, Melatonin _____, Cortisol _____, IL-6 _____, Insulin resistance _____, Appetite _____.

18. Which chronotype is associated with greater obesity, and increased inflammatory biomarkers and cortisol stress response? “Eveningness” “Morningness”

19. What does stress do to ghrelin and cortisol levels? _____

20. Regaining lost weight is believed to be due to a fat mass genetic set-point and metabolic adaptation. This occurs as there is a _____ in satiety hormones and a _____ in hunger hormones.

21. Metabolic adaptation also causes the basal/resting metabolic rate (and energy expenditure) to drop by more than _____%.

22. A minimum weight loss of _____% to _____% produces meaningful health benefits.