

BMI

Underweight = <18.5

Healthy = 18.5-24.9

Overweight = BMI 25-29 (Asian = 23-24.9)

Obese = BMI 30+ (Asian = >25)

Risk Factors

Alcohol & beverage intake

Dieting hx

Meal patterns & portions

Medications (↑ wt anti-psychotics, insulin, steroids)

Physical Activity

Medications (↓ wt orlistat, sibutramine, rimonabant, tarenabant)

Hypo/hyperthyroidism (TSH)

Emotional State/Mental Health

Co-morbidities

T2DM HTN

EDs Familial obesity

Dyslipidaemia CVD

GORD Asthma

PCOS Sleep Apnoea (OSA)

NAFLD Infertility

CKD Kidney stones

Gout Increased surgical risk

Reproductive issues Shortness of breath

Stroke Cataracts

Example PESS

Excessive energy intake, Frequent consumption of large portions, energy intake (kJ)

Overweight/obesity, Frequent consumption of energy-dense foods and limited physical activity, BMI > 25

Nut Reqs

-1kg/week = ~ -4600kJ/day

~25% protein, 30% fat, 45% carbohydrate (in a deficit)

Slow weight loss overweight/obese: Calculate AdjBW (this acts as the weight loss factor) -> Mifflin -> Add activity factor

Fibre F: 25, M: 30g

Fluid (AI): 2.1L, M: 2.6L

Nut Intervention

ideal 5-10% weight loss = reduction of BP/impaired glucose/lipids etc

Weight management counselling – reasons to lose weight & health risks – consider level of motivation

Education: Energy balance

Education: Mindful eating

Education: Portion size

Education: Regular balanced meals

Education: YoYo dieting cycle

Counselling: Stress management and eating triggers – building healthier habits. Barriers & body image issues

*Reduction in weight can be beneficial to people with comorbidities – even in “healthy weight range”

↑ PA (150 min/week moderate intensity)

Strategies

↓ CHO/↑ P Smaller plates

↓ E/↑ fibre swaps Non-alc/sugar-free alternatives

Even distribution of meals throughout day Avoid eating while distracted (e.g. watching TV)

Meal prep – avoid impulsive eating Eating out options - choosing lower energy options

DDR Prompts

Weight gain happens when we consistently eat more energy than our body uses

Being above or below a healthy weight can place strain on the body

Weight management focuses on small changes you can keep up for life – not fad diets

CONSIDER

Pts emotions, self-esteem, stress levels, sleep, mobility, culture

Guidelines & References

National Health and Medical Research Council. (n.d.). Summary guide for the management of overweight and obesity in adults, adolescents and children in Australia

National Obesity Strategy: 2022-2032.

Commonwealth of Australia. Health Ministers Meeting:

DA 10-point plan to manage overweight and obesity

Handbook p147



By Michellephillips02

cheatography.com/michellephillips02/

Not published yet.

Last updated 10th July, 2025.

Page 1 of 1.

Sponsored by [ApolloPad.com](https://apollopadd.com)

Everyone has a novel in them. Finish

Yours!

<https://apollopadd.com>