

Weight management Cheat Sheet

by Michellephillipso2 via cheatography.com/214485/cs/46690/

ВМІ

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, taranabant)
Hypo/hype- rthyroidism (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

activity, BMI > 25

Excessive energy intake, Frequent consumption of large portions, energy intake (kj) Overweight/obesity, Frequent consumption of energy-dense foods and limited physical

Nut Reqs

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

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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 Austrlia. Health Ministers Meeting:

DA 10-point plan to manage overweight and obesity

Handbook p147

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