Chapter 121:

LEARNING OBJECTIVES

On completion of the chapter, the reader will be able to:

1. Describe current differences in the prevalence of overweight and obesity based on patient age, sex, and racial or ethnic group.
2. Discuss current theories regarding genetic and environmental issues pertinent to the development of obesity.
3. Compute a patient's body mass index and determine his or her degree of overweight or obesity.
4. Identify common comorbidities and health risks associated with excess weight.
5. Outline the overall treatment approach currently recommended for obesity and discuss the roles of diet, physical activity, and behavioral modification.
6. Recommend appropriate lifestyle modifications for weight loss.
7. List factors affecting adherence for a patient on nonpharmacologic therapy for weight loss.
8. List the benefits and risks associated with bariatric surgery.
9. List the nutritional and medication considerations for patients after bariatric surgery.
10. Describe clinically important differences between prescription medications indicated for the long-term management of obesity.
12. Formulate appropriate counseling information for an obese patient based on the prescribed pharmacologic therapy.
14. Discuss the safety and efficacy concerns related to the use of alternative therapies for weight loss.
15. Recommend appropriate monitoring and follow-up for a patient undergoing weight loss therapy.