



NATIONAL REGISTER
OF HEALTH SERVICE PSYCHOLOGISTS

Overweight and Obesity

**Biopsychosocial Assessment and Treatment
in Integrated Primary Care Settings**

JEFFREY L. GOODIE, PhD, ABPP

Obesity: Scope of Problem

- **35.7% of U.S. adults** are obese (BMI \geq 30)
- **69% of U.S pop.** is overweight or obese (BMI \geq 25)
- Rates have **increased 140% in last decade**

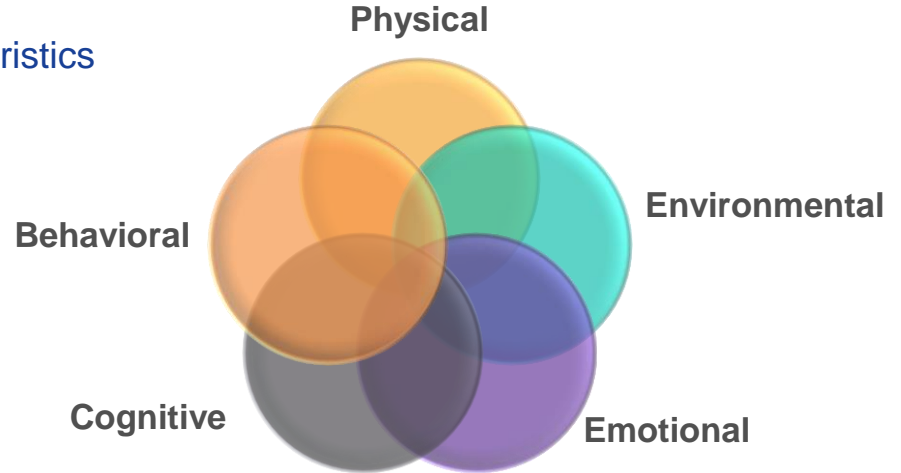
Current Evidence



- NHLBI (2013)
- <http://www.nhlbi.nih.gov/sites/www.nhlbi.nih.gov/files/obesity-evidence-review.pdf>

Biopsychosocial Factors

- **Physiological**
 - Genetics
 - Metabolism, muscle fiber, taste characteristics
 - Satiation
- **Behavioral**
 - Eating and physical activity
- **Cognitive**
 - Mindfulness, expectations
- **Social/Environment**
 - Others promote/resistance weight loss efforts
 - Toxic environment



Assess

BMI Range	Description
Less than 18.5	Underweight
18.5 to 24.9	Normal weight
25 to 29.9	Overweight
30 to 39.9	Obese
Equal to or greater than 40	Extreme obesity

Assess

- History of **weight** and **changes**
- **Cognitive**
- **Behaviors/Emotions/Environment**
- Rule out **eating disorders**/loss of control eating

Advise/Agree

- **Simplify**
- **Small sustained changes**
- **Realistic goals**
 - Lose 5-10% of current weight over 6 months
- What is the patient willing to change?

Assist

- **Increase awareness of calories in food**
 - **Monitor eating**
 - Food diary
 - Internet based or Mobile device App
 - **Monitor physical activity**
 - Activity diary
 - Pedometer

Assist

- **Calorie education: 3500 kcals = 1 lb**
 - Calories to lose 1-2 lbs / week
 - (Current weight x activity factor)-500 kcals
 - 10 for sedentary, 12 for moderate, 14 for very active
 - 1000-1200 kcals for most women
 - 1200-1600 kcals for most men

Assist

- **Environmental Changes**
 - Avoid **distractions** while eating
 - Eat in the **same place**
 - Avoid leaving **-serving dishes** on the table
 - **Eat on a schedule**
 - Increase **availability** and **visibility** of healthier choices
 - **Make less healthy choices less visible**
 - Shopping
 - **Use a list, Shop on a full stomach, Shop the perimeter, avoid the aisles**

Assist

- **Behavioral Changes**
 - Reduce **calorie-dense foods**
 - Reduce **portion size**
 - Smaller plates, Share meals, Box half of a meal
 - **Slow eating rate**
 - Put fork down between bites
 - **Wait at least 5 minutes** before getting second serving

Assist

- **Cognitive**
 - Plan for **high risk situations**
 - Plan what to eat at **fast food**
 - **Review calories** of common meals
 - **Mindfulness**
 - **Acceptance of discomfort (ACT)**
- **Emotional**
 - Consider **alternatives** when stressed
 - **Drink water**
 - **Eat fruit**
 - Willingness to be **distressed**

Assist

- **Physical Activity**
 - **Not significant** for weight loss
 - Important for **weight maintenance**
 - **Critical for overall health**
 - **Overweight and physically active, lower mortality than normal weight and inactive**
- **In children & adolescents**
 - Primary weight loss strategy

Arrange

- Schedule **follow-up appointments**
 - Consider like a **chronic health condition**
- **Consider barriers**
 - Plan for **difficult events**
 - Expect **plateaus**



NATIONAL REGISTER
OF HEALTH SERVICE PSYCHOLOGISTS