

June 7, 2010



FAST FACTS

A message for health care providers



Obesity

The problem

- 65% of adults in Erie County are overweight or obese.
- 28% of high school students in NY State are overweight or obese.

Things you can do

- Check patient height & weight at every office visit, track progress and utilize Body Mass Index (BMI) charts. Find print ready charts at:
Adults: www.nhlbi.nih.gov/guidelines/obesity/bmi_tbl.pdf
Children and Teens: www.cdc.gov/nccdphp/dnpa/healthyweight/assessing/bmi/00binaries/bmi-checkbook.pdf
- Rather than focusing on appearance, focusing on other health indicators, such as blood pressure, blood glucose, and cholesterol can be an effective strategy to initiating a discussion with patients about health improvement.
- Focus on helping your patient make a few small lifestyle changes, such as reducing soda pop intake, rather than completely overhauling current behaviors.
- Implementing electronic medical records can improve both care coordination and quality by improving documentation and tracking of weight and other health indicators.

Resources

- STOP Obesity Alliance white paper highlighting approaches to help address obesity within primary care www.stopobesityalliance.org/wp-content/assets/2010/03/STOP-Obesity-Alliance-Primary-Care-Paper-FINAL.pdf

Fast Facts coming next

- Healthy Choices Program, a food labeling program for restaurants
- Obesity resources for physicians