











## Checklist: Weight Management

	<p><input type="checkbox"/> <b>Check to see whether this person's weight has:</b></p> <ul style="list-style-type: none"><li>• Increased</li><li>• Decreased</li><li>• Remained the same</li></ul>	<p>Knowing the weight trend and reviewing food intake patterns and lifestyle provides information on what changes might enhance weight change.</p>
	<p><input type="checkbox"/> <b>Check to see whether this person wants to change his or her weight.</b></p>	<p>If the person agrees with the goal of losing weight, there is a higher chance of successful weight loss. If the individual is not motivated to lose weight, weight loss is less likely, especially when the person has independent access to food between meals. Some people may benefit from psychotherapy to increase self-awareness, self-determination, and self-regulation.</p>
	<p><input type="checkbox"/> <b>Check to see whether a doctor or nurse indicated a weight goal for this person.</b></p>	<p>It is important that the weight change goal be realistic and appropriate. Adults should attempt to lose about 2 pounds per month. For children, it may be best to change dietary intake and exercise status in order to maintain weight while increasing height. For some adults, weight loss may be considered successful if weight is maintained with no increase.</p>

	<input type="checkbox"/> <b>Check to see whether this person would benefit from a nutritional evaluation by a nutritionist or dietitian.</b>	<p>People who purchase and cook their own food may benefit from receiving a nutritional evaluation from a nutritionist or dietitian which may be available through their health plan. Some independent living programs provide training in purchasing and cooking low calorie, well-balanced foods. Some people benefit by having a “contract” on how much money to spend and what items to purchase for snacks from vending machines or fast food restaurants.</p>
	<input type="checkbox"/> <b>Check to see whether this person has opportunities for physical movement and exercise, and whether he or she exercises in a safe way.</b>	<p>Exercise enhances weight loss; however exercise without calorie modification will rarely result in weight loss. Exercise increases physical and cardiovascular health and also increases well-being and self-esteem. A person who leaves for work or other day activity early in the morning, arrives home in mid to late afternoon, and stays in the house or yard until dinner rarely gets enough physical activity. When weight loss is the goal, some programs have recommended walking at least 1 mile daily. Other ways of increasing movement and exercise can be found by modifying activities and lifestyle routines.</p>
	<input type="checkbox"/> <b>Check to see whether the physician has recommended a specific diet.</b>	<p>Some physicians will provided specific diet information or recommend a one serving diet.</p>

**Some people may require additional medical testing because their weight puts them at greater risk for certain conditions. If applicable, please answer the following questions.**

	<p><input type="checkbox"/> <b>Check to see whether this person has hypertension (high blood pressure).</b></p>	<p>Persons who are overweight or obese are at high risk for high blood pressure and therefore blood pressure should be checked regularly. Persons with high blood pressure may also have heart problems and may need electrocardiogram or other cardiovascular tests.</p>
	<p><input type="checkbox"/> <b>Check to see whether this person had a blood sugar test (blood glucose) to rule out diabetes during the past year.</b></p>	<p>Persons who are overweight are at higher risk for type 2 diabetes. They should have blood sugar tests done at least once a year.</p>
	<p><input type="checkbox"/> <b>Check to see whether this person had cholesterol and lipid profile tests during the past year.</b></p>	<p>Persons who are overweight have a high risk of having elevated cholesterol and an abnormal lipid profile and medication may be needed (to control cholesterol/ lipid levels and prevent excessive plaque formation in blood vessels).</p>

	<input type="checkbox"/> <b>Check to see whether this person had an evaluation from a geneticist or endocrinologist to rule out specific conditions related to obesity.</b>	<p>Persons with a developmental disability are at higher risk for genetic syndromes and some endocrine conditions such as thyroid disorders. Evaluations might indicate a need for specific treatment.</p>
	<input type="checkbox"/> <b>Check to see whether she or he had age appropriate cancer screenings such a mammogram, a check for cervical cancer, a check for fecal blood, etc.</b>	<p>Age-appropriate cancer screening is important because obesity increases the risk for cancer of the breast (postmenopausal), endometrium (lining of uterus), colon, kidney, and esophagus.</p>
	<input type="checkbox"/> <b>Check to see whether there is a scheduled medical follow-up visit for weight check and diet review.</b>	<p>Frequent monitoring and feedback produce better results. Between physician visits, some people benefit from joining a “support group” and an “exercise group or class”.</p>

***Unclear or concerned about an answer?*** Please consult with your clinical staff for appropriate follow-up