



Blackrock Medical Clinic

Adult Weight Management Course

Contents

Introduction	1
What is Overweight and Obesity?	2
Managing Overweight and Obesity.....	3
The Quick Fix	5
Health Assessment.....	6
Referrals.....	7
Homework.....	8
Food Diary	9
Mental Health Questionnaire.....	11
Additional Investigations	12
24 Hour Blood Pressure (ABPM)	12
Body Composition Scan	12

Introduction

We are here because, for whatever reason, you have decided that you need some help and support to lose weight. You have probably tried various things yourself, but you may be frustrated that often any improvement is rapidly lost and the goal of maintaining a healthy weight remains elusive.

Our aim is to provide an evidence based, holistic approach to weight management with a focus on assisting you in achieving your goals and maintaining a healthy lifestyle and weight. The evidence shows that regular check-ups in a supportive environment is the best way to achieve this.

Most people will require some kind of interventional support to lose weight and maintain an optimum weight for health. This may include medication

and we will explore this, and other options, the pros, and cons, and provide any necessary prescriptions later in this course.

Your initial appointment will mostly be about gathering your baseline information to make sure we have a clear understanding of your needs and current state of health. Throughout the course you will have some homework to do, initially data-gathering but later becoming more about developing the skills and techniques that will help you achieve your weight loss goals. We will meet once a month to review progress and explore new concepts.

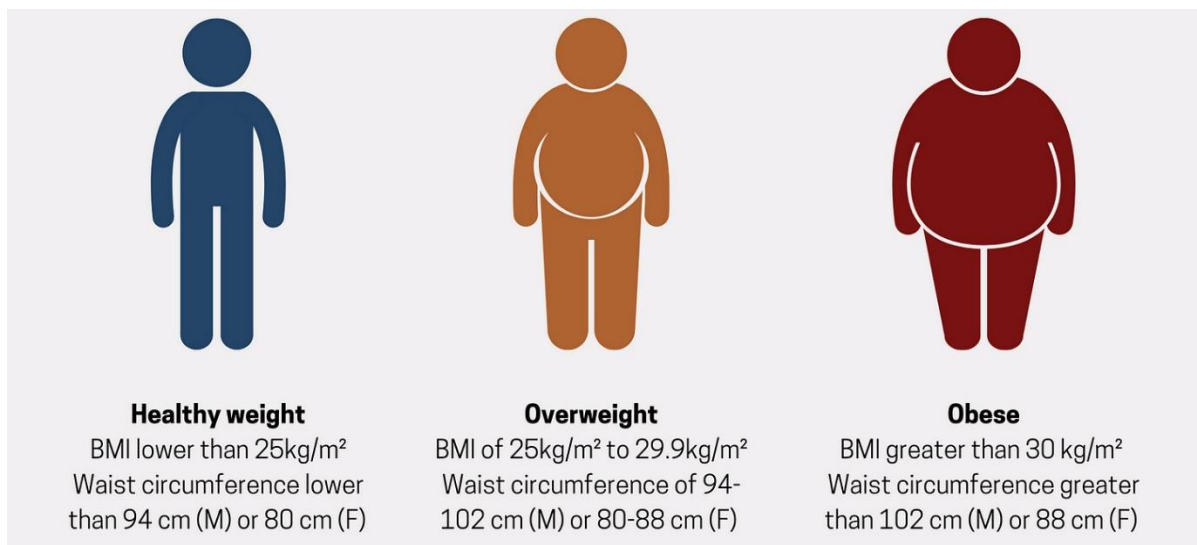
What is Overweight and Obesity?

Overweight is when you carry more fat than is optimal. It may be associated with health risks and may cause self-consciousness or body-image concerns. Being overweight can increase your risk of obesity.

Obesity is a condition where your weight affects your health. It is a long-term (chronic) condition with a wide range of causes. It usually develops over time.

Myth: Obesity is caused by being lazy. Studies show that on average people with obesity do more exercise than those without.

It is important to remember that obesity is not just about weight it is about health. Your BMI (body mass index) can tell you what range you are in (greater than 30 denotes a risk of obesity) but a more holistic approach must be taken to diagnose the disease.



It is also important how you carry your weight. If a greater proportion is carried centrally (around the waist) this has a greater significance when it comes to risk.

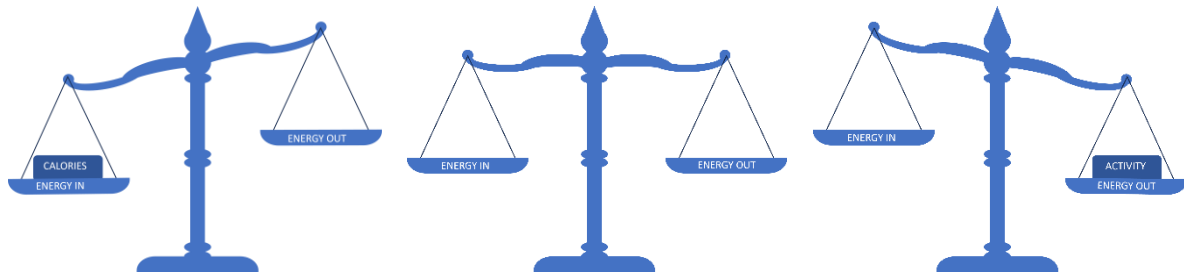
small weight losses can lead to impressive health improvements.

Our goal is to assist people in attaining a healthy weight, to improve their quality of life and reduce their risk of weight related conditions. Modest weight loss (5-10%) is associated with a profound effect on the risk of developing diabetes and improves cardiovascular disease risk, blood pressure, sexual dysfunction, mobility, fertility, mood, and quality of life. One trial showed that a 7% reduction in weight led to a 58% reduction in developing diabetes despite half the weight being regained over 3 years. Even less weight loss was associated with significant improvements in risk factors, medication usage and hospitalisations over 8 years in another trial.

Managing Overweight and Obesity

An outdated approach to managing overweight and obesity was to simply advise eating less and exercising more. Although this is important it is now known that this advice alone is not effective in helping people to attain a healthy weight and does not address the complex and multi-factorial

causes of overweight and obesity. It does, however, highlight an important concept, that of “**energy balance**”.



WEIGHT GAIN

STEADY WEIGHT

WEIGHT LOSS

Your weight is determined, fundamentally, by your energy balance. If more energy is coming in through calories in food and drink than is being burned off through activity and exercise, then weight will increase. Similarly, if more is being burned off than is coming in then weight will reduce. If the energy in and energy out balance, then weight will remain steady. This is true in the same way as a law of physics is true but, a holistic approach will look at all the factors which may influence both the energy consumed and the energy burned off.

The illustration below shows some of these factors:

Each of these factors, and some others, may be implicated in weight management issues and obesity. To achieve long term weight loss these



should be identified and addressed, this is what we intend to do in this course.

The Quick Fix

Unfortunately, and unsurprisingly, like with most things, there is no quick fix. If you are reading this, then it is likely that you have tried one or more ‘fad’ diets, and you may have had short term success in the past.

However, you wouldn’t be reading this if they had worked. Extreme or ‘fad’ diets can be very effective for people to lose a bit of weight in the short term. However, since they are unsustainable the weight is likely to return and often will overshoot the original weight which caused the initiation of a diet in the first place.

Losing weight sustainably is a marathon not a sprint, don't peak too soon!

All the evidence suggests that to adequately control weight over the long term the multifactorial causes must be addressed holistically. Diet is only one of these. If you are keen on a specific diet to achieve quick results, it is possible to integrate this into a personalised solution, but it is important to remember that a sustainable dietary plan will need to be adopted eventually.

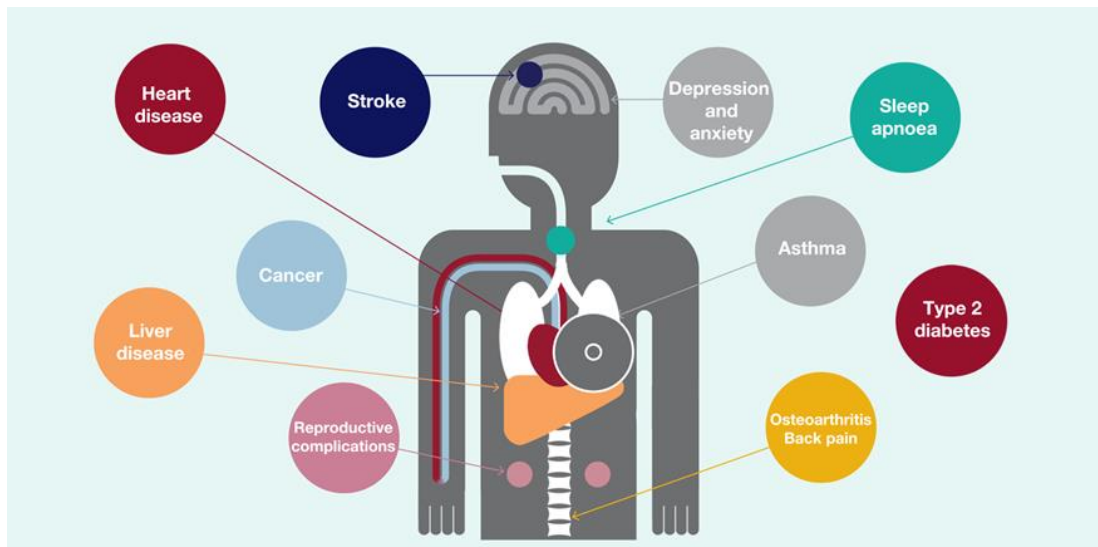
Remember that all interventions have side effects, even lifestyle change. You might decide to go to the gym regularly and suffer the side effects of muscle pains, injuries, and a lighter wallet! If your intervention is too extreme these side effects are likely to be greater and the chance of you tolerating them smaller. It is important to look for gradual, sustainable, and even enjoyable change. You want to make it easy to succeed.

Weight loss can be broken into stages, the most rapid weight loss occurs early, both for physiological and psychological reasons, then we enter a stage of more gradual loss, then maintenance which is often followed by episodes of regaining weight. If you have good solutions for dealing with each of these stages, then your chance of maintaining a long-term weight loss and a healthier lifestyle is increased.

It is important to manage your expectations. Behavioural and lifestyle change is shown to have the potential to reduce weight by an average of 5-10%. You may do better, particularly with support, but it is likely that for more significant weight loss either medication or surgery are required.

Health Assessment

It is important to assess the effect that excess weight might be having on your body and the health risks it might lead to. The illustration below shows some of the common health effects of overweight and obesity.



Our assessment will include calculating your Body Mass Index (BMI), waist measurements, and assessing any health effects of your weight. This may include blood tests such as for cholesterol and diabetes. We will discuss lifestyle such as diet and exercise. Any health problems or risk factors identified in the assessment will be discussed and a management plan established.

Body Mass Index (BMI)

Your Body Mass Index is calculated by dividing your weight in kilograms by your height in meters. A Body Mass Index higher than 30 is high risk for obesity.

See here for a BMI calculator; <https://www.safefood.net/bmi-calculator>

Referrals

Dietician Assessment

We will refer you to a dietician for an in-depth assessment. This is part of the multidisciplinary (team) approach to weight management and is associated with better outcomes. This is particularly necessary if we are considering medical interventions to assist with weight control.

Homework

Food Diary: Please complete this for a week without altering your diet or lifestyle. This is to get your baseline information. It is useful if you have this done before your dietitian appointment and bring it with you.

Mental Health Questionnaire: Please try and fill this in before your next appointment. Mental health is intrinsically linked with both weight and physical health. We need a baseline to monitor progress and identify areas we might need to support you.

Food Diary

HOW TO FILL IN THE FOOD DIARY

In the column marked 'Time' write the time am/pm

In the column marked 'Food/Drink and amount' write down **everything** that you consume including amounts such as weight, cups, or e.g. 'large apple', 'half a banana' etc.

In the column marked 'Comments/Exercise' write down important information such as if this was Breakfast, lunch, or supper, what you were doing at the time e.g. 'watching TV' and how you felt such as 'feeling low after x' or 'feeling good after y'. It is important to try and identify any links to snacking such as mood or activities. You can also record any exercise you did.

In the column marked 'Calories' you can write down how many calories are in what you consumed. This can be found on labels and online. Don't worry if you don't know, just write a '?'.

Tips

Over rather than underestimate i.e. round up.

Include condiments such as mayonnaise, ketchup etc.

Fill in as you go rather than at the end of the day.

Think about why you are eating and document this. Often it is not hunger that drives eating but stress, habit, mood etc.

Try to do at least 5 days over a weekend.

BMC WMC MODULE 1

Time	Food/Drink and Amount	Comments/Exercise	Calories
Comments for the day			

Mental Health Questionnaire

This questionnaire is about how often you have been bothered by the problems over the last 2 weeks only.

Over the <u>last 2 weeks</u> how often have you been bothered by the following problems?	Not at all	Several Days	More than half the days	Nearly every day
Feeling nervous, anxious or on edge				
Not being able to stop or control worrying				
Little interest or pleasure in doing things				
Feeling down, depressed, or hopeless				
Eating because you are feeling stressed.				
Feeling bad about your weight or your body				
Feeling bad about eating a particular food				

Additional Investigations

24 Hour Blood Pressure (ABPM)

This is a very useful assessment, particularly if you suffer from white coat hypertension (your blood pressure goes up when in the clinic). You wear a monitor which will take your blood pressure every 20 minutes during the day and every hour at night. This will give the most accurate information on your overall blood pressure.

Body Composition Scan

A useful base-line investigation is a body composition scan. Your bathroom scales may be claiming to do this but there is little evidence that any method other than a DXA scan is accurate. The radiation from a DXA scan is minimal (equivalent to 1 day of normal background radiation) so the test is safe. It can calculate body fat percentage and, more importantly, where that fat is situated. The high-risk fat is called 'visceral fat' and is the fat that surrounds your organs. A repeat scan can show the success/progress in your weight loss journey.