The Obesity Care Model Collaborative (OCMC) Resource Guide contains resources on all aspects of treating patients with obesity. It is intended to supplement the framework and provide resources on all aspects of obesity care management. The resources contained here are meant to support a variety of staff and physicians that interact with and assist the care of patients with obesity.

The goal of the OCMC Resources Guide is to provide the best resources available to the Collaborative to better facilitate success in managing care for patients with obesity.

The OCMC Resource Guide development is an iterative process throughout the Collaborative. We hope that advisors and participating group team members will add to the Resource Guide as they come across additional resources and develop successful interventions and practices.
Chapter 1- Understanding Obesity
Chapter 2- Organizing the Clinic
Chapter 3- Patient-Provider Communication
Chapter 4- Assessment of the Overweight Patient
Chapter 5- Weight Management
Chapter 6- Patient Education Resources
Chapter 7- Billing and Coding
Chapter 8- Insurance Verification
Chapter 9- Role of Community
Chapter 10- Additional Resources
Chapter 1 focuses on an overview of what obesity is, statistics, health consequences and the cost of obesity. This chapter can help team members that are new to treating patients with obesity or that are not confident in their knowledge of obesity.

**Obesity Summary**
- [What is obesity?](#)
  - Obesity Action Coalition
- [Disease of Obesity](#)
  - American Society for Metabolic and Bariatric Surgery
- [Obesity Medicine Defined](#)
  - Weight Management Program
  - Confluence Health

**Epidemiology & Trends**
- [Obesity Rates & Trends](#)
  - The State of Obesity

**Health Consequences of Obesity**
- [Health Disparities in Obesity and Obesity-related Risk Factors: Scope of the Problem](#)
  - Centers for Disease Control and Prevention

**Economic burden of obesity**
- [Cost of Obesity](#)
  - The George Washington University, Milken Institute School of Public Health
Chapter 2- Organizing the Clinic

Chapter 2 focuses on setting up the office with appropriate equipment and other tools necessary to treat patients with obesity. This chapter also provides a brief overview on training staff to ensure a welcoming environment for patients.

**Office Set Up**
- Preparing Your Office - page 10
  Vermont Department of Health

  *Best Weight: A Practical Guide to Office-Based Obesity Management*
  - Chapter 1
  Freedhoff & Sharma, 2010.
  (available for purchase)

**Equipment and Supplies**
- Medical Office Equipment Designed for Patients with Obesity
  American Association of Clinical Endocrinologists

**Training Staff for Empathetic and Supportive Interactions**
- Ensuring a Welcome Environment for Patients with Obesity
  American Association of Clinical Endocrinologists
Chapter 3- Patient-Provider Communication

Chapter 3 focuses on how to communicate effectively and respectfully with a patient. This chapter provides examples of how to approach the topic of weight management, as well as assessing readiness for change and discussing weight with patients of varying ethnicities.

**Patient Centered Communication Overview**

- **Initiating Obesity Discussions**
  - *American Association of Clinical Endocrinologists*

- **Keys to Successful Conversations**
  - *American Association of Clinical Endocrinologists*

- **Talking to Patients about Weight Issues**
  - *South Dakota Obesity Toolkit*

- **Best Weight: A Practical Guide to Office-Based Obesity Management – Chapter 3**
  - *Freedhoff & Sharma, 2010.*
  - (available for purchase)

**Multicultural Communications**

- **Multicultural Communications**
  - *CMA Foundation*

**Brief Negotiating & Assessing Patient Readiness to Change**

- **Brief Negotiating & Assessing Patient Readiness to Change**
  - *CMA Foundation*

Continued on next page
Continued Chapter 3- Patient-Provider Communication

**Motivational Interviewing**

[Applying Motivational Interviewing Skills](#)
*Vermont Department Health*

**Motivational Interviewing**
*American Association of Clinical Endocrinologists*

**Motivational Interviewing Techniques and Skills**
*Nova Southeastern University*

**Five As**
*American Association of Clinical Endocrinologists*

**5 A’s of Obesity Management**
*Weight Management Program*
*Confluence Health*

[Improving Patient Counseling through Motivational Interviewing Videos](#)
*Obesity CE*
(Included in Robert Kushner presentation, December 2017 meeting)

**Goal Setting**

[Goals of Discussing Weight History](#)
*American Association of Clinical Endocrinologists*

[How to Set Goals with Patients](#)
*American Association of Clinical Endocrinologists*
Chapter 4 focuses on how to assess patients for obesity. This chapter provides knowledge, measures and tools to help providers during the assessment process. Assessment of obesity also includes assessment of complications.

Assessment Overview

Assessing the overweight adult patient
The CMA Foundation

BMI

BMI Chart

Classification of Health Risks by BMI
American Association of Clinical Endocrinologists

Weight history

Weight History Intake Sheet
American Association of Clinical Endocrinologists

Lifespan Versus Weight Graph
American Association of Clinical Endocrinologists

Measures

Obesity Focused Physical Exam
American Association of Clinical Endocrinologists

Obesity Focused Review of Systems_Clinician
American Association of Clinical Endocrinologists

Obesity Focused Review of Systems_Patient
American Association of Clinical Endocrinologists

Continued on next page
Continued Chapter 4 - Assessment of the Overweight Patient

Measures (continued)

- Hamilton Depression Scale
  Dr. Max Hamilton, University of Leeds, England

- Psychological History Questionnaire
  American Association of Clinical Endocrinologists

Algorithms

- AACE Algorithm for the Medical Care of Patients with Obesity
  American Association of Clinical Endocrinologists

- AHA.ACC.TOS Guideline
  American College of Cardiology/American Heart Association Task Force on Practice Guidelines and The Obesity Society

- OMA Obesity Algorithm
  Obesity Medicine Association

- Treatment Algorithm
  Weight Management Program
  Confluence Health

Guidelines for Complications

- History of Obesity Related Complications
  American Association of Clinical Endocrinologists

- Practical Manual of Clinical Obesity Part 3; Clinical Management of Obesity-Related Co-Morbidities
  Kushner, Lawrence, Kumar, 2013
  (available for purchase)

Continued on next page
Continued Chapter 4- Assessment of the Overweight Patient

Obesity related complications identified in measures for this Collaborative (subset of AACE guidelines)
Type 2 Diabetes
Dyslipidemia
Hypertension
Non-alcoholic Fatty Liver Disease
Obstructive Sleep Apnea
Osteoarthritis
Chapter 5 focuses on the different interventions a provider can use to manage obesity care. This chapter contains articles providing overviews of weight management, as well as tools for the provider to use during patient care.

**Behavior management**
- Behavioral and Psychological Factors in Obesity
  - Weight Management Program
  - Confluence Health

- Behavioral Therapy Skills and Strategies
  - American Association of Clinical Endocrinologists

- Behavioral Therapy Checklist
  - American Association of Clinical Endocrinologists

**Nutrition**
- Nutrition Consult and Calorie Recommendations
  - Weight Management Program
  - Confluence Health

**Pharmacotherapy**
- Pharmacotherapy for Obesity
  - American Association of Clinical Endocrinologists

- Medication Preferences Based on Comorbidities
  - American Association of Clinical Endocrinologists

- Known Medications Interactions
  - American Association of Clinical Endocrinologists

- Common Medications Associated with Weight Gain
  - Weight Management Program
  - Confluence Health

- Common Medications for the Treatment of Obesity
  - Weight Management Program
  - Confluence Health

Continued on next page
Continued Chapter 5- Weight Management

Physical Activity

- Exercise Initiation Prescription
- Weight Management Program
- Confluence Health

Weight Loss Goal Setting

- Healthy Eating and Physical Activity Goal Setting
- American Association of Clinical Endocrinologists

- Measuring Progress Patient Handout
- American Association of Clinical Endocrinologists

Weight Loss Surgery

- Advances in Obesity
- The American Gastroenterology Association

Weight Management Overview

- AACE Algorithm for the Medical Care of Patients with Obesity
- American Association of Clinical Endocrinologists

- Managing Obesity in Primary Care Practice: An Overview and Perspective from the POWER-UP Study
- International Journal of Obesity
Chapter 6 focuses on the tools and resources providers can use with patients, as well as give to patients to use in their daily life. These patient resources will help patients understand obesity and help them on their journey in obesity care management.

**Obesity Overview for Patients**

- [Understanding Obesity](#)
  - *Obesity Action Coalition*

- [Causes of Obesity](#)
  - *Ethicon*

- [Your Weight Matters Campaign](#)
  - *Obesity Action Coalition*

- [Approaches for Healthier Eating and Physical Activities](#)
  - *Novo Nordisk*

**Goal Setting**

- [Goal Setting for Weight Management](#)
  - *Novo Nordisk*

- [Setting Compelling Goals Patient Handout](#)
  - *American Association of Clinical Endocrinologists*

**Weight History**

- [Personal Weight History](#)
  - *Novo Nordisk*

**Daily Food and Activity Logs**

- [Activity Log](#)
  - *American Association of Clinical Endocrinologists*

- [Food Diary](#)
  - *American Association of Clinical Endocrinologists*

Continued on next page
Continued Chapter 6 - Patient Education Resources

**Daily Food and Activity Logs (continued)**
- Calorie and Activity Trackers
  American Association of Clinical Endocrinologists

**Physical Activity**
- Becoming More Active Patient Handout
  American Association of Clinical Endocrinologists
- Staying Active Patient Handout
  American Association of Clinical Endocrinologists
- 25 Tips for Increasing Activity Patient Handout
  American Association of Clinical Endocrinologists
- How to Use a Step Counter Patient Handout
  American Association of Clinical Endocrinologists
- Patient Tracking Diet and Exercise Sample Form
  Novant Health

**Navigating Insurance**
- Working with Your Insurance Provider
  Obesity Action Coalition
Chapter 7 focuses on the resources staff and providers can use to help navigate reimbursement for obesity care services.

**ICD-10 Codes**
- ICD-10 Website
- Centers for Medicare & Medicaid Services

**Health Reform Mandates**
- Health Reform and Health Mandates for Obesity
- National Conference of State Legislatures

**Strategies**
- Billing Codes and Strategies
- American Association of Clinical Endocrinologists

**Weight Management Coding Tip Sheet**
- Weight Management Program
- Confluence Health
Chapter 8 focuses on sample forms and tools to help organizations navigate the insurance system.

Sample Forms

Nutrition Solutions Insurance Verification Form
Novant Health

Bariatric Solutions Insurance Verification Form
Novant Health

Sample Contact letter_Surgery
Novant Health

PCP Medical Clearance letter for bariatric
Novant Health

Sample Financial Worksheet
Novant Health
Chapter 9 focuses on how to identify potential partners, building and sustaining those relationships. Community relationships and how they used in an organization will impact many employees and how they provide care in their specific roles.

**Building Partnerships Overview**
- [Creating and Maintaining Partnerships](#)
  
  Center for Community Health and Development, University of Kansas

- [Building and sustaining community-institutional partnerships for prevention research: findings from a national collaborative](#)
  
  *Journal of Urban Health*

**Multi-Field Collaboration**
- [Collaboration Multiplier](#)
  
  Prevention Institute

- [Collaboration Multiplier Analysis Worksheet](#)
  
  Prevention Institute

**Community Project Example**
- [Blue Zones Project Overview](#)
  
  Blue Zones Project

- [Blue Zones Project Website](#)
  
  Blue Zones Project

**Partnering Organization MOU**
- [MOU](#)
  
  Department of Justice
Chapter 10 contains resources and articles to further educate clinicians and staff on obesity care management programs. This includes organization forms and resources to help in patient care.

**Sustainability and Implementation Supports**

- Institutional Scale for Health Promotion
  
  R. M. Goodman, K. R. McLeroy, A. Steckler, and R. H. Hoyle

- Original Riding Debra Implementation Methods
  
  Ridling, Debra (2012)

**MBSAQIP Accreditation**

- Preop bariatric surgery MBSAQIP
  
  Novant Health

- 30 day FU bariatric surgery MBSAQIP
  
  Novant Health

- Annual FU bariatric surgery MBSAQIP
  
  Novant Health

**Medical Group Obesity Handbooks**

- Healthy Kids Lifestyle Handbook Part 1
  
  Guthrie Medical Group

- Healthy Kids Lifestyle Handbook Part 2
  
  Guthrie Medical Group

- Weight Management Program
  
  Confluence Health

**Other**

- CME Websites
  
  AMGA

- Portion Control Tools and Resources
  
  American Association of Clinical Endocrinologists

- Weight Management Cookbooks
  
  American Association of Clinical Endocrinologists

- Commercially Available Meal Replacement and Meal Plans for Weight Loss
  
  American Association of Clinical Endocrinologists