

## Empowering the Generalist to Counsel Patients about Nutrition and Obesity: A Novel Approach Using the 5As

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### *Objectives:*

- Briefly review evidence favoring brief nutrition counseling of the obese patient
- Introduce an approach to dietary counseling using the 5As
  - Assess obesity risk, current behavior, and readiness to change
  - Advise the patient to change specific behaviors
  - Agree and collaborate with the patient to set common goals
  - Assist the patient in addressing barriers and helping secure needed supports
  - Arrange for follow-up and referrals
- Practice skills through a case-based break-out session

**Goal** – To give each participant a ‘nutrition toolkit’ to use at his/her home institutions

### *Plan:*

Participants attending the session will be given a copies of powerpoint slides, the case, and reference handouts - - which will make up the full nutrition toolkit

For those unable to attend, the following list of websites may prove helpful to learn more:

NHLBI’s aim for a healthy weight

[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/)

AMA roadmaps for clinical practice series: assessment and management of adult obesity

<http://www.ama-assn.org/ama/pub/category/10931.html>

Michigan Quality Improvement Consortium 2007 obesity guideline

[http://www.mqic.org/pdf/obesity\\_07.pdf](http://www.mqic.org/pdf/obesity_07.pdf)

U.S. Department of Agriculture Dietary Guidelines for Americans 2000

<http://www.cnpp.usda.gov/>

Massachusetts Medical Society healthy weight patient brochure

[http://www.massmed.org/AM/Template.cfm?Section=Search&section=Healthy\\_Weight1&template=/CM/ContentDisplay.cfm&ContentFileID=1772](http://www.massmed.org/AM/Template.cfm?Section=Search&section=Healthy_Weight1&template=/CM/ContentDisplay.cfm&ContentFileID=1772)

Harvard School of Public Health nutrition source

<http://www.hsph.harvard.edu/nutritionsource/>

Kaiser Permanente motivating change online programs

<http://kphealtheducation.org/>