

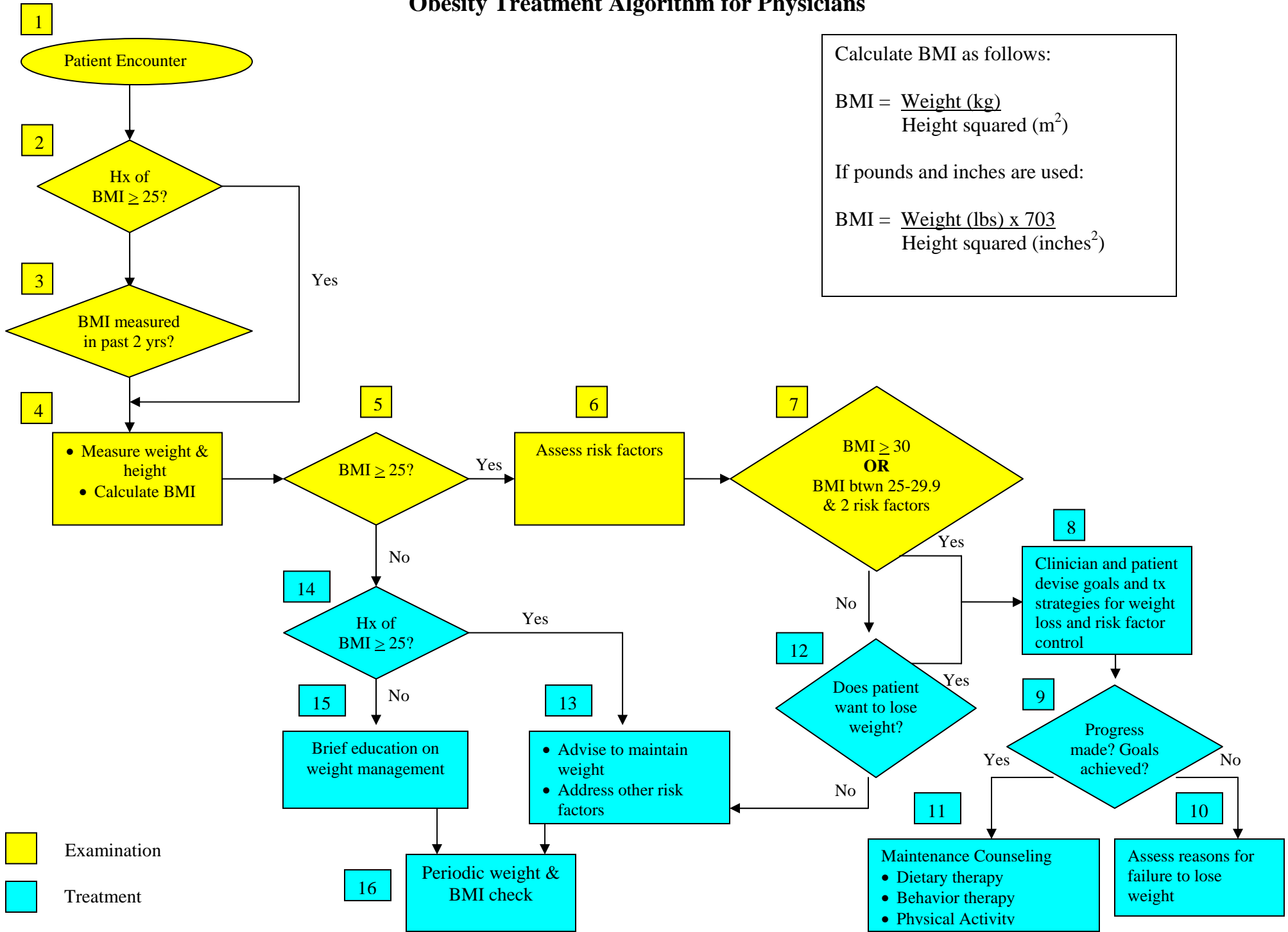
MANAGEMENT OF OVERWEIGHT AND OBESITY

The purpose of the LSU HCSD Overweight and Obesity Management program is to implement a diet, nutrition, and exercise program that will integrate with all HCSD statewide disease management programs. This program will target the entire population of patients with asthma, diabetes, congestive heart failure, HIV, and cancer screening who receive care from the HCSD hospitals.

Several gains have been made in implementing this program over the past year. Targeted goals that have been completed this year include:

- (a) Environmental tools (physician primer, treatment algorithm, and awareness posters) to increase practitioner and patient awareness have been created and distributed to all clinical leads and their designated coordinators. Materials were provided in electronic format to ease with replication and dissemination at each site.
- (b) Pennington conducted a two-day workshop to coincide with the quarterly Disease Management Workshop in September 2007. Empirically-validated materials used for improving dietary habits and increasing exercise based on the Diabetes Prevention Program have been distributed to each site. Clinical leads and/or their coordinators have been trained on how to implement these materials in group settings at their site. Two sites are utilizing the materials for weight loss among their diabetic patients, and one site is offering a weight loss program to employees based on these materials.
- (c) Diabetes Bingo. This is a pilot program to be implemented in the Diabetes Clinic at Earl K. Long. This project is still in the planning phase but initial materials have been created and distributed for feedback across all sites. The goal of this pilot program is to encourage compliance to the ADA guidelines for management of diabetes.
- (d) An additional goal of this program is to obtain funding to assist with off-setting the costs for development of the teaching aids for use in HCSD facilities for a system wide obesity management program. An application to the NIH for funding for Physician Office-Based Program for Obesity and Metabolic Syndrome (POMS) with Dr. Donna Ryan as the Principal Investigator was submitted in February 2007. Although this grant obtained a very good score and was well-received by the reviewers, funding was not offered. Drs. Donna Ryan, Phillip Brantley, and Valerie Myers are currently in the process of revamping this project with the goal of using a few of the HCSD sites to establish obesity treatment effectiveness in primary care settings.

Obesity Treatment Algorithm for Physicians



Calculate BMI as follows:

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height squared (m}^2\text{)}}$$

If pounds and inches are used:

$$\text{BMI} = \frac{\text{Weight (lbs)} \times 703}{\text{Height squared (inches}^2\text{)}}$$

Examination
 Treatment