MOCAN Healthy Weight Advisory Committee

# Adult PCP Resources

Here you will find resources that focus on effective obesity treatment, and specifically how providers can team up with their patients to help support a healthy lifestyle.

The STOPObesity Alliance curated several resources for the management of obesity in primary care settings, including treatment guidelines published by obesity specialty organizations, as well as some tools to share with patients.

* <https://stop.publichealth.gwu.edu/sites/stop.publichealth.gwu.edu/files/WCW%20guide/WCW_Curated%20Resources%20for%20the%20Management%20of%20Obesity%20in%20the%20Primary%20Care%20Setting.pdf>
* <https://onlinelibrary.wiley.com/doi/abs/10.1002/oby.23154>

The Obesity Action Coalition (OAC) provides a database to help find support for your patients with obesity or other related health needs.

* <https://obesitycareproviders.com/>

The American Family Physician (AFP) put together a collection of documents addressing obesity and related topics, such as diet, exercise, lifestyle counseling, bariatric surgery, childhood obesity and weight loss maintenance. Some content is available for AAFP members/paid subscribers.

* <https://www.aafp.org/afp/topicModules/viewTopicModule.htm?topicModuleId=19>

The American Association of Clinical Endocrinologists compiled many of their clinical practice guidelines and provider resources into this database, including information on preventing and treating weight-related complications.

* <https://pro.aace.com/disease-state-resources/nutrition-and-obesity>

In 2013, the American College of Cardiology, The Obesity Society, and The American Heart Association collaborated to develop the clinical *Guideline for the Management of Overweight and Obesity in Adults*.

* <https://www.ahajournals.org/doi/pdf/10.1161/01.cir.0000437739.71477.ee>

The Endocrine Society presents a guideline with included resources for the pharmacological management of obesity.

* <https://www.endocrine.org/clinical-practice-guidelines/pharmacological-management-of-obesity>