

## Clinical Practice Guideline: Obesity in Adults (Age 18 and Older)

<b>CLINICAL PRACTICE GUIDELINE: OBESITY IN ADULTS (AGE 18 AND OLDER)</b>
<b>GOAL</b>
To improve the quality of life and help prevent short and long term complications of obesity in adults.
<b>INTRODUCTION</b>
The prevalence of obesity is reaching epidemic proportions. Obesity is a risk factor for Type 2 diabetes mellitus, hypertension, dyslipidemia, coronary artery disease, cerebrovascular disease, and osteoarthritis. While obesity is related to a positive energy balance (intake > output), other factors contribute to the increasing prevalence (environmental, cultural, and genetic). After reaching the age of six, an obese patient has a 50% chance of being obese in adulthood.
<b>REFERENCES</b>
June 2012 U.S. Preventive Services Task Force recommendation on <i>Screening for and Management of Obesity in Adults</i> :  <a href="http://www.uspreventiveservicestaskforce.org/uspstf11/obeseadult/obesers.htm">http://www.uspreventiveservicestaskforce.org/uspstf11/obeseadult/obesers.htm</a>

All member care and related decisions are the sole responsibility of the provider. This information does not dictate nor control your clinical decisions regarding the appropriate care of members. Guidelines are subject to state regulations and benefits.

2013 Clinical Practice Guidelines