

**Worksheet 1. IMPLEMENTATION STRATEGY**  
**Guideline: Screening and Management of Overweight and Obesity, 2007**

*Overall Implementation Strategy/Focus:*

<b>Key Guideline Element</b>	<b>Gaps in Current Practices (Planning Step 1)</b>	<b>Action Strategy (Planning Step 3)</b>
1. Routine primary care screening for overweight and obesity.		
2. Assessment of risk factors and obesity-associated conditions influenced by weight.		
3. Evidence-based strategies for weight loss and weight maintenance for patients who are overweight or obese.		
4. Promotion of lifestyle changes (diet and exercise) in persons with normal weight to prevent weight gain.		
5. Advice for persons who are overweight (BMI of 25-29.9 kg/m <sup>2</sup> ) without obesity-associated conditions, to maintain or lose weight and prevent weight gain.		
6. The involvement of patients in their education, goal setting, and decision-making process.		

<b>Key Guideline Element</b>	<b>Gaps in Current Practices (Planning Step 1)</b>	<b>Action Strategy (Planning Step 3)</b>
7. Strategies to achieve sustained weight loss by creating an energy deficit (when energy expenditure is greater than caloric intake).		
8. The combination of dietary therapy, increased physical activity, and behavioral modification therapy as the key components of weight loss therapy.		
9. Weight loss drug therapy as an adjunct to long-term diet and physical activity for patients who are obese (BMI • 30 kg/m <sup>2</sup> ), or are overweight with a BMI • 27 kg/m <sup>2</sup> and present with obesity-associated conditions.		
10. Weight loss (bariatric) surgery as an option for patients with extreme obesity (BMI •40 kg/m <sup>2</sup> ) or a BMI of • 35 kg/m <sup>2</sup> with one or more obesity-associated conditions in whom other methods of weight loss have failed.		

**Worksheet 2A. ACTION PLAN FOR GUIDELINE INTRODUCTION AND STAFF EDUCATION**  
**Guideline: Screening and Management of Overweight and Obesity, 2007**

Identify actions for guideline introduction and education. (IN)	Designate someone to serve as <b>lead</b> for the action and <b>other staff</b> to be involved.		Identify the <b>tools</b> and <b>resources</b> for the action.	Specify the action timeline.	
Action #IN. __	Lead:	Other Staff:		Start	Complete
Action #IN. __	Lead:	Other Staff:		Start	Complete
Action #IN. __	Lead:	Other Staff:		Start	Complete
Action #IN. __	Lead:	Other Staff:		Start	Complete

**Worksheet 2B. PLANNING WORKSHEET FOR PRACTICE CHANGE IMPLEMENTATION**

**Guideline: Screening and Management of Overweight and Obesity, 2007**

**Key Guideline Element: \_\_\_\_\_**

Identify actions in the strategy for this guideline element.	Designate someone to serve as <b>lead</b> for the action and <b>other staff</b> to be involved.		Identify the <b>tools</b> and <b>resources</b> for the action.	Specify the action timeline.	
<b>Action #</b> ___	<b>Lead:</b>	<b>Other Staff:</b>		<b>Start</b>	<b>Complete</b>
<b>Action #</b> ___	<b>Lead:</b>	<b>Other Staff:</b>		<b>Start</b>	<b>Complete</b>
<b>Action #</b> ___	<b>Lead:</b>	<b>Other Staff:</b>		<b>Start</b>	<b>Complete</b>
<b>Action #</b> ___	<b>Lead:</b>	<b>Other Staff:</b>		<b>Start</b>	<b>Complete</b>
<b>Action #</b> ___	<b>Lead:</b>	<b>Other Staff:</b>		<b>Start</b>	<b>Complete</b>

**Worksheet 3. GANTT CHART OF TIMELINE FOR GUIDELINE IMPLEMENTATION**  
**Guideline: Screening and Management of Overweight and Obesity, 2007**

Actions	MONTH OF WORK											
	1	2	3	4	5	6	7	8	9	10	11	12
<i>Introduction &amp; Education</i>												
#IN. __												
#IN. __												
#IN. __												
#IN. __												
<i>Practice Changes</i>												
# __												
# __												
# __												
# __												
# __												
# __												
# __												
# __												

**Worksheet 4. METRICS AND MONITORING**  
**Guideline: Screening and Management of Overweight and Obesity, 2007**

Key Guideline Element	Metric	Data Sources	Monitoring Schedule
1. Routine primary care screening for overweight and obesity.			
2. Assessment of risk factors and obesity-associated conditions influenced by weight.			
3. Evidence-based strategies for weight loss and weight maintenance for patients who are overweight or obese.			
4. Promotion of lifestyle changes (diet and exercise) in persons with normal weight to prevent weight gain.			
5. Advice for persons who are overweight (BMI of 25-29.9 kg/m <sup>2</sup> ) without obesity-associated conditions, to maintain or lose weight and prevent weight gain.			
6. The involvement of patients in their education, goal setting, and decision-making process.			
7. Strategies to achieve sustained weight loss by creating an energy deficit (when energy expenditure is greater than caloric intake).			
8. The combination of dietary therapy, increased physical activity, and behavioral modification therapy as the key components of weight loss therapy.			

Key Guideline Element	Metric	Data Sources	Monitoring Schedule
9. Weight loss drug therapy as an adjunct to long-term diet and physical activity for patients who are obese (BMI • 30 kg/m <sup>2</sup> ), or are overweight with a BMI • 27 kg/m <sup>2</sup> and present with obesity-associated conditions.			
10. Weight loss (bariatric) surgery as an option for patients with extreme obesity (BMI •40 kg/m <sup>2</sup> ) or a BMI of • 35 kg/m <sup>2</sup> with one or more obesity-associated conditions in whom other methods of weight loss have failed.			