

## Weight Loss FAQs

- Should I consider losing weight?
  - Measure your height and weight and calculate your body mass index (BMI) using link to BMI calculator below
    - <http://www.nhlbisupport.com/bmi/>
  - If your BMI is 25 or above, you are at risk for health complications and might consider weight loss
- So, I'm ready to lose weight... what are my best options?
  - Although there are several ways to go about losing weight, research indicates that one of the best options is "Lifestyle Modification." Simply put, this means making healthy changes to your eating, activity, and other lifestyle behaviors.
- What should I ask my provider about Lifestyle Modification?
  - Ask your provider if s/he is familiar with Lifestyle Modification or Behavioral Counseling for weight loss, or a program called the DPP (Diabetes Prevention Program).
    - Her/his response should at least include mention of eating, physical activity, and behavioral changes.
    - If her/his response indicates that s/he is not familiar with Lifestyle Modification for weight loss don't be shy about asking for referrals to other providers that may be better able to help you lose weight.
  - Ask your provider if s/he believes s/he has the time and is willing to help you lose weight using a Lifestyle Modification approach.
    - If her/his response suggests s/he doesn't have the time to help you lose weight using a Lifestyle Modification approach, ask if there are other providers who s/he would recommend.
    - If her/his response suggests s/he isn't interested in using a Lifestyle Modification approach, talk with her/him about other treatment options that s/he believes would be more effective for you and why. If you still prefer a Lifestyle Modification approach to losing weight, ask your provider to provide you with referrals to other providers who might offer this type of weight loss treatment approach.
  - If your provider is willing and able to help you lose weight using a Lifestyle Modification approach, consider discussing the following (as they apply to you):
    - What outcomes will we use together to regularly track my progress?
    - How is a healthy weight loss goal for me? What goal(s) should I have for my eating/diet?
    - What goal(s) should I have for my physical activity/exercise?
    - How long should it take to reach my weight loss goal? How much weight should I expect to lose each week?
    - How often should we meet, and for how long?
    - How will we track my progress?
    - Do I need to join a gym?

- What if I haven't done any exercise in a long time?
- I have limited mobility; how can I be more active?
- Should I involve my family or friends? Will we need to involve other providers/specialists?
- What if I have problems along the way?