

The Provider Toolkits on Obesity

Less than one-third of overweight patients report being counseled by their physicians regarding obesity, yet in a recent survey nine out of ten Californians said they want their doctors to be their primary source of information about nutrition, physical activity and other issues associated with weight management.

That is why the California Medical Association (CMA) Foundation and California Association of Health Plans have released three Obesity Prevention Provider Toolkits on the topics of Child & Adolescent, Adult, and Pre-Post Bariatric Surgery. The toolkits are easy-to-use guides to help doctors assist their patients in weight management and obesity prevention. Each toolkit contains:

- Effective communication technique to help make decisions
- Culturally appropriate, ready to copy, materials and handouts
- Identification of internet too and information
- Strategies for managing overweight patients
- Patient education resources
- Guidelines and policy statements on obesity prevention, weight management, diet, physical activity counseling, body mass index (BMI) screening and other measurements.



[Adult Obesity Provider Toolkit](#)



[Child & Adolescent Obesity Provider Toolkit](#)



[Pre/Post-Bariatric Surgery Provider Toolkit](#)