

Provider Toolkits on Obesity

According to the California Department of Public Health, in 2019-2020, the percentage of California adults who are classified as obese (a body mass index greater than 29.99 percent) is 28.2 percent. In addition, the percentage of California children ages 2-11 who are classified as obese (overweight for age greater than the 95th percentile) is 12.47 percent.¹



The California Medical Association Foundation and California Association of Health Plans have released three Obesity Prevention Provider Toolkits. The toolkits cover the topics of child and adolescent obesity, adult obesity, and pre/post-bariatric surgery. These toolkits are easy-to-use guides to help doctors assist their patients in weight management and obesity prevention.

Each toolkit contains the following:

- How to understand and assess patients for being overweight or obese
- Effective communication techniques to help make decisions
- Identification of internet 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 screening, and other measurements
- And more

Adult Obesity Provider Toolkit

Child & Adolescent Obesity Provider Toolkit

Pre/Post-Bariatric Surgery Provider Toolkit

Provider Toolkits on Obesity

References

- 1) **California Department of Public Health**. Adult Obesity. <https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/NEOPB/Pages/SNAPEdCountyProfileDashboard.aspx>. Last Updated on January 9, 2023. Access May 1, 2023.