Assess

- Client values and goals
- If client would like to discuss overweight or obesity
- Etiology/root causes of overweight/obesity (food insecurity, social determinants of health, genetics, medication, physiologic causes [e.g., endocrine])
- Internalized weight bias and experienced weight stigma
- History of weight management efforts
- Cooking skills and availability kitchen appliances
- Physical characteristics (anthropometrics, biochemical, clinical, dietary)
- Conduct screening for eating disorders/disordered eating, mental health



• Co-morbidities (e.g., diabetes, hypertension, dyslipidemia, CVD)

Intervention Approaches

- Tailor interventions to each client's needs and goals
- Engage in shared decision-making
- Use person-first, inclusive language
- Avoid blame, judgement or bias
- Co-create S.M.A.R.T. goals with each client
- Prioritize outcomes for improved health and well-being
- Advise interventions with evidence to improve desired outcomes
- Co-develop dietary strategies that allow for long-term adherence
- Ensure goals and interventions are culturally acceptable and feasible in terms of food preparation/cooking skills and availability of kitchen appliances
- Create a physical environment that is accessible for all clients
- Discuss and co-create solutions to identified barriers
- Use and advise behavior modification strategies
 - Motivational interviewing
 - Client self-monitoring (diet, physical activity, weight)
- Encourage physical activity
- Refer to other health professionals and community resources as needed.

Dietary Interventions

- Tailor dietary pattern to clients' needs and preferences.
- Choose a dietary pattern with \bullet evidence supporting improved outcomes of interest.



- When weight loss is appropriate and desired, reduce calorie intake to a level that is feasible for adherence.
- Ensure dietary changes achieve and maintain nutrient adequacy
- Advise a diet including a variety of fruits and vegetables, healthy fats, nuts, whole grains, low fat dairy, and lean protein sources
- Identify/discuss portion control strategies
- Facilitate development of cooking skills
- Address relationship with food
- Consider education on mindful eating
- Ensure adequate hydration
- Facilitate meal planning
- Educate on food labels and food marketing
- Plan for eating out and at social functions





Positive and adverse effects of intervention on health behaviors,

risk factors and health outcomes

(C)2022. Academy of Nutrition and Dietetics Evidence Analysis Library www.andeal.org