Healthy Weight Initiative

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**Introduction**

Obesity is associated with higher mortality & lower quality of life. Healthcare costs are significantly higher for obese adults. Over one million PSJH patients are obese.

**PSJH Healthy Weight Initiative**

**PMG Mercantile Pilot**

**Engage caregivers in initiating Healthy Weight Pathway**

**AIM STATEMENT**

- Initiate referral to PEC for 5% of all patients with BMI >35

**PRIMARY DRIVERS**

- Patients with BMI >35
- BPA automatically fires in EPIC
- EPIC Healthy Weight BPA tool

**SECONDARY DRIVERS**

- Educate providers/staff on resources
- Engage providers, RN’s; inform MA’s & PRR’s
- Train providers on using BPA, revise patient education materials

**PDSA CYCLES**

- CMD & team APCs start placing PEC referrals
- Present at September & December NQC
- Q4 Batch rollout
- Pilot at PMG Mercantile
- Get feedback from our PFAC

**Vision:** Develop a comprehensive strategy to recognize and treat obesity as a chronic condition

**2019-2020 Goals:**

- Identify patients at most risk of health related weight issues
- Develop skills and confidence in having conversations with patients about how weight affects their health
- Direct people to the Patient Engagement Center (PEC) to learn about available system and regional resources

**Talking to Patients about Weight**

- **Ask:** Would you be willing to discuss how your weight affects your health?
- **Advise:** Risks of excess weight, treatment options
- **Assess:** Health Status, psychosocial factors
- **Assist:** Identify resources, refer to appropriate providers
- **Arrange:** Identify ways to execute the plan (e.g., regular monitoring)

**Weight Management Services**

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**References:** CDC, www.cdc.gov/obesity; Providence Digestive Health Institute; Healthy Weight Initiative Powerpoint & PMG Q4 Batch

https://teams.providence.org/sites/pmg/leadership/SitePages/PMG%20Quarterly%20Batch%20Home.aspx

**62% of patients with BMI of 30+ have at least 1 comorbidity**

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