Healthy Weight Initiative

Stephanie Horlton

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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.

**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

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**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)

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**Weight Management Services**

**available to patients at Providence**

The Patient & Provider Engagement Center (PEC) offers a personalized weight management plan to help you lose weight and keep it off. The PEC can be contacted through the weight management program on the mobile app or at www.providence.org/weightmanagement. To enroll, please contact your care provider or call the PEC at 1-877-336-7260.

**Contact the PEC**

Mobile app: 1-877-336-7260

**Online information from**

providence.org/weightmanagement

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**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
- EPIC Healthy Weight BPA tool

**SECONDARY DRIVERS**

- BPA automatically fires in EPIC
- 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

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

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