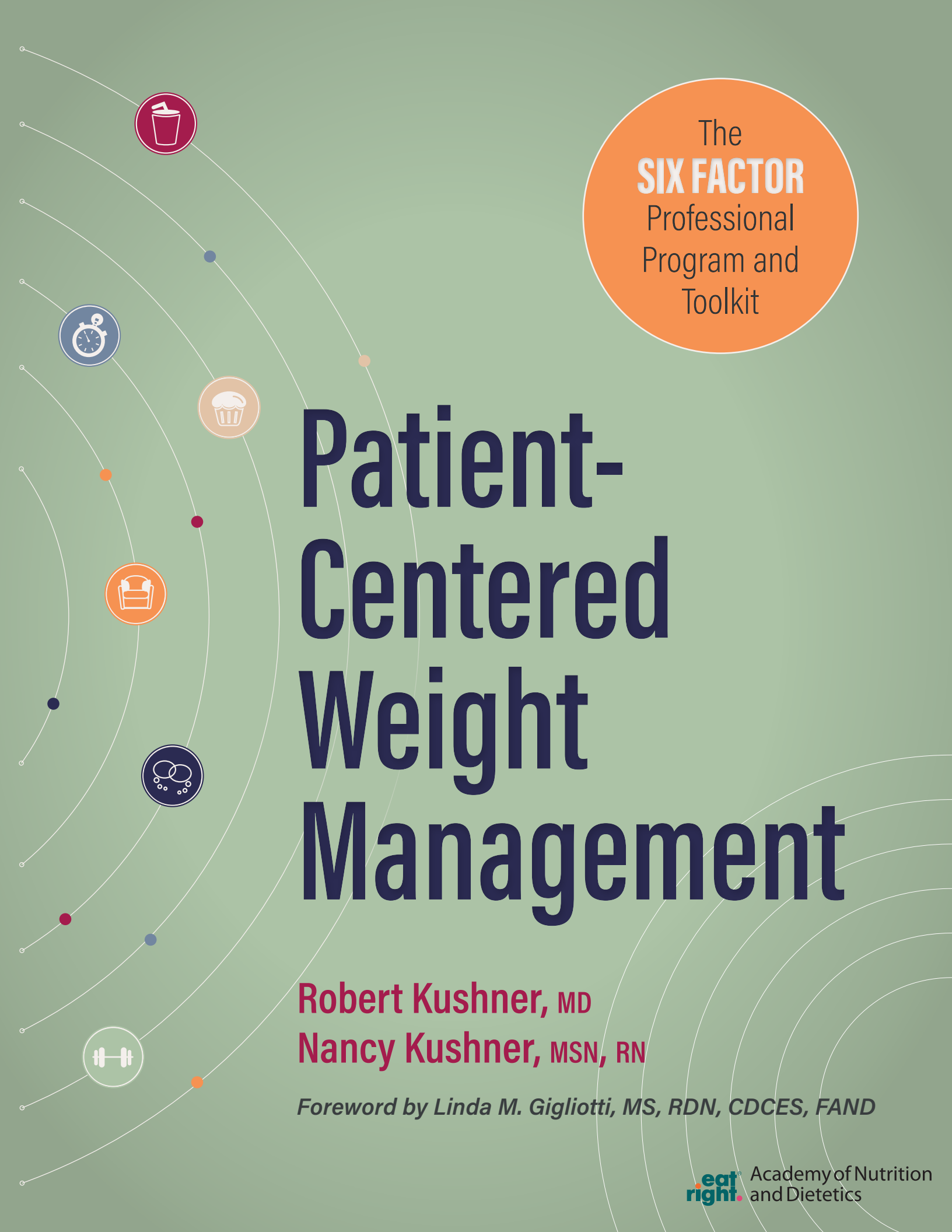




The
SIX FACTOR
Professional
Program and
Toolkit

Patient- Centered Weight Management

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Academy of Nutrition
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INTRODUCTION

At a Crossroads...

WE ARE AT A CROSSROADS where the advancements in obesity science and treatment outpace a workforce that is not fully prepared to embrace and apply these breakthroughs. For example, we now view obesity as a complex, multicausal, chronic progressive disease, and yet most health care systems still use an acute care model of disease management with inadequate patient visit times for providing optimal chronic-based care. At a time when we are shifting the goal of obesity care to improved weight management outcomes that encompass better health and quality of life, most patients and many health care professionals are still focused on weight loss as the primary goal. Although there are more effective second-generation pharmacologic therapies available that address the biological causes of obesity, health care professionals are left uncertain regarding the role and necessity for delivering adjunctive lifestyle modification counseling. *Patient-Centered Weight Management: The Six Factor Professional Program and Toolkit* was written to address many of these practice-based challenges to facilitate time saving and tailored foundational lifestyle management therapy.

As an obesity expert with specialized interests in lifestyle medicine and nutrition for more than 40 years, Dr Kushner has been at the forefront of developing and delivering innovative educational initiatives. Although he is a proud founder of the American Board of Obesity Medicine that, to date, has certified more than 8,000 diplomates in obesity medicine, the majority of health care professionals who will be engaged in overweight and obesity care in the future will not be certified as obesity medicine specialists. And they don't have to be. The good news is that all health care professionals can become more informed and use targeted strategies when working with patients with obesity (eg, physicians specializing in internal medicine, family practice, endocrinology, or obstetrics and gynecology, as well as advanced practice provider nurse practitioners and physician assistants, registered dietitian nutritionists, health psychologists, exercise specialists, bariatric surgeons). Through this book, we hope to fill the gap to help more health care professionals with varied

backgrounds become skilled in providing effective and efficient patient-centered weight management care within their existing practices.

Book Overview

Patient-Centered Weight Management: The Six Factor Professional Program and Toolkit is divided into three parts. We encourage readers to familiarize themselves with all of the chapters prior to initiating the program, so they will have the full array of background information and implementable strategies to use.

In Part I (Targeted Weight Management), we provide foundational information that supports the use of the professional program. Chapter 1 is devoted to reviewing important updates in the science of obesity and practice of obesity care that are pertinent for clinicians, including the concept of viewing obesity as a chronic biologically based disease, the multiple causes of obesity that involve social determinants of health, the fundamental role of lifestyle management, the physiological basis of metabolic adaptation, the detrimental effects of weight bias and stigmatization, the use and limitations of BMI, and the importance of personalization in patient care. In Chapter 2, we explore the benefits of using phenotyping, which is at the core of the program and the clinical research that supports development of the six factor types. In Chapter 3, we take a deep dive into examining the cognitive, behavioral, and habit-change principles and theories that underpin patient counseling—information that is often missing from most textbooks on obesity care. Examples are also provided on how these principles and theories relate to targeted lifestyle modification counseling. Building on this knowledge, we then turn our attention to specific counseling techniques in Chapter 4, including how to conduct a weight management–focused visit using motivational interviewing and shared decision making.

Part II (Using the Professional Program and Toolkit) begins with an overview of the Six Factor Professional Program, which enables clinicians to deliver efficient care with a suite of ready-to-use handouts and turnkey resources that help patients modify diet, physical activity, health behaviors, and mindset to achieve better health and improve weight management outcomes. Each handout is displayed in the chapters where they are discussed, and instructions for downloading the handouts for sharing with patients are provided in Part III. In Chapter 5, clinicians learn about the program features, which include the scientifically validated, short Six Factor Questionnaire (6FQ) to identify each person’s weight management challenges, scoring tools for objective patient assessment, and evidence-based strategies that form the basis for the program and downloadable patient educational treatment handouts. In Chapters 6 through 11, we review each factor in detail, using a unifying format that presents the factor characteristics and treatment overview, along with supportive research and patient educational treatment handouts. The counseling tools translate evidence-based fundamental behavior change theories, models, and techniques into factor-specific, bite-sized action steps that can be used as counseling aids, highlighting particular actions that patients can take to address or overcome behavioral or cognitive obstacles as they work toward improving weight management outcomes. Chapter 12 explores the use of the Six Factor Professional Program with other treatment modalities, including work with interdisciplinary teams, use with

pharmacotherapy and bariatric surgery, and application to a group counseling format. The chapter also includes a discussion of the clinician's new focus and evolving role providing lifestyle counseling when treating patients taking the highly effective, second generation antiobesity medications.

In Part III, the Six Factor Downloadable Toolkit (pages 196–203) contains previews of the entire toolkit comprised of 5 assessment tools and 30 factor-based patient educational treatment handouts in both English and Spanish (with instructions for downloading), so clinicians can view in one place the entire program available to them and their patients. Selected Professional and Patient Resources (pages 204–207) highlight key clinical care, general obesity management, and Six Factor Program resources for easy clinician access.

Whether you are new to obesity care or a seasoned clinician looking to update your skills and knowledge, we hope this toolkit gives you new insights and interest in providing patient-centered weight management care.

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