Goals of Discussing Weight History

Once the patient agrees to discuss weight management, the first step is to take a weight history as part of the clinical assessment that is necessary for a diagnosis.

The goals of a weight history discussion are to:

• Identify patient-specific factors related to excess weight
  o Metabolic, genetic, and hormonal contributors that might promote weight gain or prevent weight loss
  o Medications that might cause weight gain
  o Eating behaviors and activities that contribute to excess weight

• Gain knowledge of patients’ past efforts and successes as well as barriers and episodes of weight regain

• Develop mutual understanding and a basis for setting weight loss goals with the patient