

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
 - Metabolic, genetic, and hormonal contributors that might promote weight gain or prevent weight loss
 - Medications that might cause weight gain
 - 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

