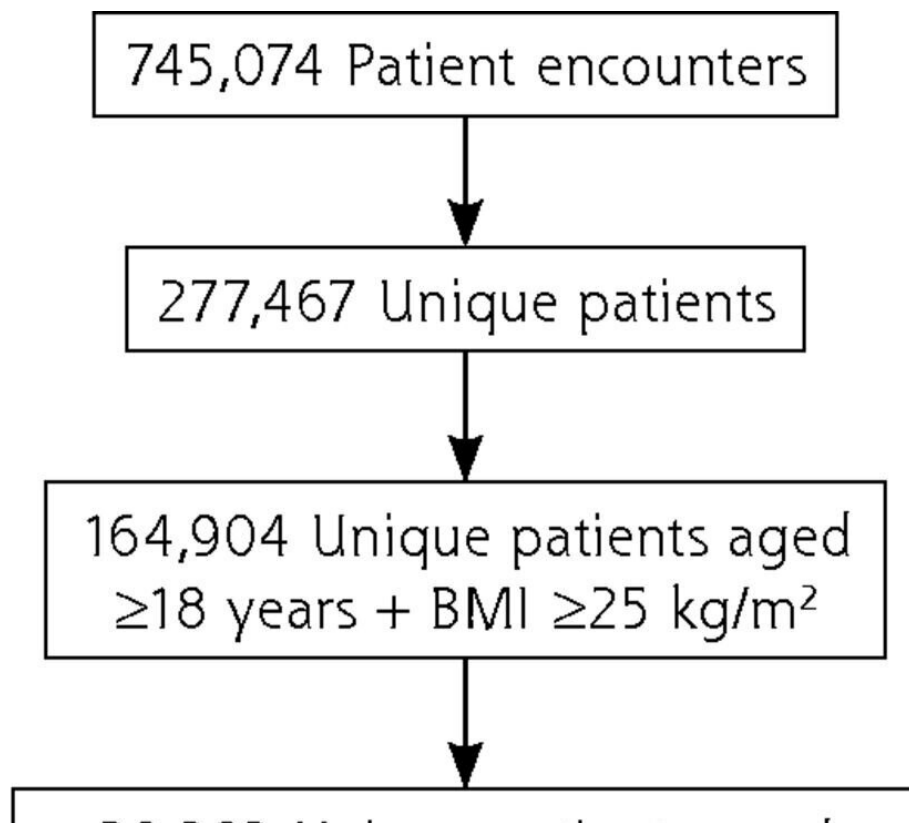


# Too few primary care doctors address obesity with their patients, highlighting need for weight loss tool

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CONSORT diagram. BMI = body mass index; CONSORT = Consolidated Standards of Reporting Trials. Credit: *The Annals of Family Medicine* (2023). DOI: 10.1370/afm.2966

After finding that few to no clinicians provided weight management care, researchers developed a weight loss tool called PATHWEIGH. This tool was designed to remove clinician barriers in providing patient care that addressed weight. Early success with the tool led to PATHWEIGH being implemented in the health system's 57 primary care clinics.

Researchers describe the characteristics of [patients](#) to determine the current state of weight management efforts in 57 primary care clinics. Patients included in the analysis were 18 years and older; had a [body mass index](#) (BMI) of more than 25 kg/m<sup>2</sup>; and had had a weight-prioritized visit between March 17, 2020 and March 16, 2021. Twelve percent (n=20,383) of patients that matched these criteria during this baseline period had a weight-prioritized visit.

Overall, patients who had had a weight-prioritized visit had a mean age of 52 years (SD=16), 58% women, 76% non-Hispanic whites, 64% with commercial insurance, and a mean BMI of 37 kg/m<sup>2</sup>. Documented referral for weight-related concerns was low (

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