

# Evidence-Based Best Practices – Management of Obesity and Unintended Weight Gain

## Assessment

- Evaluate for obesity (BMI >30 kg/m<sup>2</sup>) and central obesity (waist circumference >40" for men/ >35" for women) upon admission
- Evaluate for sarcopenic obesity using handgrip strength or SARC-F
- Complete RD assessment when significant weight gain identified
- Review risk factors that may contribute to weight gain (medications, functional impairments, edema, excess calorie intake, sedentary lifestyle)
- Discuss readiness and motivation/desire for weight loss
- Evaluate risks and benefits of a prescribed weight loss program

### Risks

- ▶ Potential medication toxicity
- ▶ Increased risk of gallstones and atherosclerosis
- ▶ Loss of bone density and increased risk of fractures
- ▶ Increased risk for sarcopenia and nutritional deficiencies

### Benefits

- ▶ Reduced disease burden
- ▶ Improved respiratory function
- ▶ Improved functional capacity
- ▶ Improved quality of life

Weight loss should generally be avoided in the elderly population and focus should be placed on weight maintenance. If it is decided that weight loss is desired as a part of the person's care plan, below is a list of weight loss program recommendations for older adults.



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## Weight Loss Program Recommendations for Older Adults

- Caloric deficit of 200-500 kcal/day
- Protein intake of 1.0-1.5 gm/kg assuming normal renal function
- Potentially provide multi-vitamin/mineral supplement
- Aerobic, resistance, and balance activities for 30 minutes at least 2-3 times per week

## Resources

- [CDC Adult BMI Calculator](#)
- [HHSC Texercise Resources](#)
- [The Practical Guide: Identification, Evaluation, and Treatment of Overweight and Obese Adults \(PDF\)](#)
- [VA Clinical Practice Guide Management of Adult Overweight and Obesity](#)
- [VA Medications and their Effect on Weight Poster](#)
- [Weight-control Information Network \(WIN\)](#)
- [Interactive Dietary Reference Intake \(DRI\) for Healthcare Professionals](#)
- [AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults](#)
- [AGS Beers Criteria for Potentially Inappropriate Medication Use in Older Adults](#)
- [Obesity in the Elderly](#)
- [Addressing Obesity in Aging Patients](#)
- [SARC-F Sarcopenia Questionnaire](#)
- [American College of Sports Medicine Guidance for Prescribing Exercise](#)
- [National Institute on Aging - Physical Activity Resources](#)
- [LIFE Study](#)
- [AGS Health in Aging Foundation](#)