



THE CHAMPLAIN
CARDIOVASCULAR DISEASE
PREVENTION NETWORK

IDOCC NEWS

The Improved Delivery of Cardiovascular Care (IDOCC) Program is a regional program designed to assist primary health care providers in the Champlain district improve the delivery of evidence-based prevention and management strategies for heart disease, stroke and diabetes within their practice.

Management of the obese patient in family practice

With the rise of obesity rates in Canada in both adults and children, family doctors see people everyday who could benefit from weight reduction. This is a very challenging area of care and requires continued effort on the part of patients and ongoing support from their doctors. Many feel that the time and the effort required are simply not worth it and that these efforts are not likely to lead to healthier lifestyles and ultimately weight loss.

However, research shows that brief, direct 3-5 minute conversations can lead to behaviour changes. Patients who were counselled in a primary care setting about the benefits of healthy eating and physical activity lost weight, consumed less fat, and exercised more than patients who did not receive counselling. Thus, a family doctor who identifies, briefly counsels, and refers their patients to the best resources may be able to effect change in their patients' behaviour.

SIMPLE TIPS FOR YOUR OFFICE:

- Measure BMI and weight circumference on all patients annually
- Graph results for adults
- Clearly identify and discuss weight issues (see sample script)

- Refer to community weight loss programs (see list of resources)
- Refer to self management programs for those patients with chronic conditions
- Provide listing of resources for your patients
- Offer monthly group sessions on healthy living

SCRIPT FOR A BRIEF OFFICE VISIT

"Can we take a minute to discuss your health and weight?"

"Your BMI/ weight is _____. People with BMI/ weight in this range are at risk for heart disease and diabetes..."

"What do you think of this information?"

"What are your ideas on how you might make some healthy changes?"

"How ready are you to take the next step?" (Rate on scale 0-10)

Remember that small decreases in weight can have a large impact on improved health.

Most importantly, don't forget to FOLLOW-UP with your patients on their goals and action plans.

Obesity in Canada: The Facts¹

- In the 2007 Canadian Community Health Survey, the self-reported rate of adult obesity (age 18+) was 17%. This is likely an underestimate. The actual rate is likely to be closer to 25%.
- In 2005, chronic conditions related to obesity were responsible for \$4.3 billion in direct and indirect costs to Canadians – a figure that may be an underestimation of the total cost of excess weight in Canada.

¹ Public Health Agency of Canada (<http://www.phac-aspc.gc.ca/publicat/2009/oc/index-eng.php>)

Do you want to get your patients thinking about weight loss and exercise? Resources to get the conversation started:

Questionnaires & Self-Management
http://www.idocc.ca/en_toolkits.php

Physical Activity Readiness Questionnaire
<http://uwfitness.uwaterloo.ca/PDF/par-q.pdf>

Weight Control Information Network (WIN)
<http://www.win.niddk.nih.gov/>

Physical Activity Guides
<http://www.phac-aspc.gc.ca/pau-uap/paguide/index.html>

Ottawa Hospital Weight Management Clinic
<http://www.ottawahospital.on.ca/programs/weightclinic/index-e.asp>

City of Ottawa Recreation Programs
http://www.ottawa.ca/residents/parks_recreation/programs/index_en.html
http://www.ottawa.ca/residents/health/living/activity/walking/pedometer_en.html

YMCA Programs
<http://www.ymcaywca.ca/Locations/Downtown+Y/>

Physical activity alone is often insufficient for safe weight loss and management. If your patient is looking for information on healthy eating and nutrition, take a look at these resources:

Nutrition Information for All Patients: Free Nutrition counselling via internet
<http://www.eatrightontario.ca/en/default.aspx>
<http://www.eatrightontario.ca/en/menuplanner.aspx#>
Diabetes-Related Information
<http://www.diabetes.ca/about-diabetes/nutrition/>
<http://www.diabetes.ca/for-professionals/resources/nutrition/>

Speak directly to a Registered Dietician and get your questions answered. Call toll-free at **1-877-510-510-2**. Times: Monday to Friday, 9am to 5pm ET; evening hours Tuesday and Thursday, 5-9pm.

TALK BACK



A 52 year old patient willingly shares her progress. Angela has lost 60kg (down from 160) since her bariatric surgery last October. The milestones are encouraging: more than a third lighter, she's been able to rid her meds list of three antihypertensives, metformin and a statin. She's found success in initiating a daily walking program, having invested in a good quality pedometer which accompanies her on her 10,000 steps per day. Her goal, and it appears achievable, is one million steps by the summer. - **IDOCC Physician**



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The IDOCC program is being coordinated by the Élisabeth Bruyère Research Institute in collaboration with the Department of Family Medicine at the University of Ottawa, the University of Ottawa Heart Institute, and the Champlain Regional Stroke Program. www.idocc.ca

Working Together to Prevent Heart Disease & Stroke in Champlain Region IDOCC is one of six priority initiatives of the Champlain CVD Prevention Network (CCPN), a network of health and community partners from across the Champlain District dedicated to the prevention of CVD. The CCPN is implementing a five-year CVD prevention strategy in our region.
www.ccpnetwork.ca

