**OB 02L Toolkit**

**Guidelines and Practice Parameters**

|  |  |
| --- | --- |
| Resource | Address |
| Garvey WT, Mechanick JI, Brett EM, et al. American Association of Clinical Endocrinologists and American College of Endocrinology Comprehensive Clinical Practice Guidelines For Medical Care of Patients with Obesity. *Endocr Pract*. 2016;22(suppl 3):1-203. | <https://pubmed.ncbi.nlm.nih.gov/27219496/> |
| Grunvald E, Shah R, Hernaez R, et al. AGA Clinical Practice Guideline on Pharmacological Interventions for Adults With Obesity. *Gastroenterology*. 2022;163(5):1198-1225. | <https://pubmed.ncbi.nlm.nih.gov/36273831/> |
| Jensen MD, Ryan DH, Apovian CM, et al. 2013 AHA/ACC/TOS guideline for the management of overweight and obesity in adults: A report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and The Obesity Society. *Circulation*. 2014;129(25 suppl 2):S102-138. | <https://pubmed.ncbi.nlm.nih.gov/24222017/> |
| Ryan DH, Kahan S. Guideline recommendations for obesity management. *Med Clin North Am*. 2018;102(1):49-63. | <https://pubmed.ncbi.nlm.nih.gov/29156187/> |

**Pathophysiology**

|  |  |
| --- | --- |
| Resource | Address |
| Hill JO, Wyatt HR, Peters JC. Energy balance and obesity. *Circulation*. 2012;126(1):126-132. | <https://pubmed.ncbi.nlm.nih.gov/22753534/> |
| Magkos F, Fraterrigo G, Yoshino J, et al. Effects of moderate and subsequent progressive weight loss on metabolic function and adipose tissue biology in humans with obesity. *Cell Metab*. 2016;23(4):591-601. | <https://pubmed.ncbi.nlm.nih.gov/26916363/> |
| Michałowska J, Miller-Kasprzak E, Bogdański P. Incretin hormones in obesity and related cardiometabolic disorders: The clinical perspective. *Nutrients*. 2021;13(2):351. | <https://www.mdpi.com/2072-6643/13/2/351/htm> |
| Rogge MM, Gautam B. Biology of obesity and weight regain: Implications for clinical practice. *J Am Assoc Nurse Pract*. 2017;29(S1):S15-S29. | <https://onlinelibrary.wiley.com/doi/full/10.1002/2327-6924.12504> |
| Walley AJ, Asher JE, Froguel P. The genetic contribution to non-syndromic human obesity. *Nat Rev Genet*. 2009;10(7):431-442. | <https://pubmed.ncbi.nlm.nih.gov/19506576/> |

**Pharmacotherapy**

|  |  |
| --- | --- |
| Resource | Address |
| Davies M, Færch L, Jeppesen OK, et al. Semaglutide 2·4 mg once a week in adults with overweight or obesity, and type 2 diabetes (STEP 2): A randomised, double-blind, double-dummy, placebo-controlled, phase 3 trial. *Lancet*. 2021;397(10278):971-984. | <https://pubmed.ncbi.nlm.nih.gov/33667417/> |
| Jastreboff AM, Aronne LJ, Ahmad NN, et al. Tirzepatide once weekly for the treatment of obesity. *N Engl J Med*. 2022;387(3):205-216. | <https://www.nejm.org/doi/full/10.1056/NEJMoa2206038> |
| Mehta A, Marso SP, Neeland IJ. Liraglutide for weight management: A critical review of the evidence. *Obes Sci Pract*. 2017;3(1):3-14. | <https://pubmed.ncbi.nlm.nih.gov/28392927> |
| Rubino D, Abrahamsson N, Davies M, et al. Effect of continued weekly subcutaneous semaglutide vs placebo on weight loss maintenance in adults with overweight or obesity: The STEP 4 randomized clinical trial. *JAMA*. 2021;325(14):1414-1425. | <https://pubmed.ncbi.nlm.nih.gov/33755728/> |
| Wadden TA, Bailey TS, Billings LK, et al. Effect of subcutaneous semaglutide vs placebo as an adjunct to intensive behavioral therapy on body weight in adults with overweight or obesity: The STEP 3 randomized clinical trial. *JAMA*. 2021;325(14):1403-1413. | <https://pubmed.ncbi.nlm.nih.gov/33625476/> |
| Wilding JPH, Batterham RL, Calanna S, et al. Once-weekly semaglutide in adults with overweight or obesity. *N Engl J Med*. 2021;384(11):989-1002. | <https://www.nejm.org/doi/full/10.1056/NEJMoa2032183> |

**Shared Decision Making**

|  |  |
| --- | --- |
| Resource | Address |
| Stokes A, Collins JM, Grant BF, et al. Prevalence and determinants of engagement with obesity care in the United States. *Obesity (Silver Spring)*. 2018;26(5):814-818. | <https://pubmed.ncbi.nlm.nih.gov/29626388> |
| Gallagher C, Corl A, Dietz WH. Weight can’t wait: A guide to discussing obesity and organizing treatment in the primary care setting. *Obesity (Silver Spring)*. 2021;29(5):821-824. | <https://pubmed.ncbi.nlm.nih.gov/33899338> |
| Jay M, Gillespie C, Schlair S, Sherman S, Kalet A. Physicians’ use of the 5As in counseling obese patients: Is the quality of counseling associated with patients’ motivation and intention to lose weight? *BMC Health Serv Res*. 2010;10(1):159. | <https://pubmed.ncbi.nlm.nih.gov/20534160/> |
| O’Shea D, Kahan S, Lennon L, Breen C. Practical approaches to treating obesity: Patient and healthcare professional perspectives. *Adv Ther*. 2021;38(7):4138-4150. | <https://pubmed.ncbi.nlm.nih.gov/33929659/> |
| Rodriguez-Gutierrez R, Gionfriddo MR, Ospina NS, et al. Shared decision making in endocrinology: Present and future directions. *Lancet Endocrinol*. 2016;4(8):706-716. | <https://pubmed.ncbi.nlm.nih.gov/26915314> |

**Associations and Resources**

|  |  |
| --- | --- |
| Resources | Address |
| American Gastroenterological Association (AGA). GI Patient Center: Obesity. | <https://patient.gastro.org/obesity/> |
| Centers for Disease Control and Prevention (CDC). Overweight & Obesity. | <https://www.cdc.gov/obesity/index.html> |
| The Obesity Society. | <https://www.obesity.org/> |

All URLs Accessed December 21, 2022.