

ADULT OBESITY MANAGEMENT CARE PLAN: INDIVIDUAL

Problem: NUTRITION

K 1 2 3 4 5

B 1 2 3 4 5

S 1 2 3 4 5

Not applicable or unable to address today (circle one)

Signs & Symptoms	Category	Target	Care Description	Notes
○ Overweight: adult BMI 25.0 or more; child BMI 95 th percentile or less	S	Signs/symptoms Physical	Assess BMI	
○ Underweight: adult BMI 18.5 or less; child BMI 5 th percentile or less	S	Signs/symptoms Physical	Waist Circumference	
○ Lacks established standards for daily caloric/fluid intake	S	Signs/symptoms Physical	Assess for risk factors: co-morbidities	
○ Exceeds established standards for daily caloric/fluid intake	S	Dietary Management	Lifestyle – dietary recall	
○ Unbalanced diet	S	Wellness	Assess lifestyle risk factors	
○ Improper feeding schedule for age	S	Behavior Modification	Assess Motivation for change	
○ Does not follow recommended nutrition plan	TGC	Behavior Modification	Weight loss benefits versus risks	
○ Unexplained/progressive weight loss	TGC	Dietary management	Recommendations for Healthy Weight Loss	
○ Unable to obtain/prepare food	TGC	Behavior Modification	Attitudes toward physical activity	
○ Hypoglycemia ○ Hyperglycemia ○ Other				
SIGNATURE				COUNTY

Problem: PHYSICAL ACTIVITY

K 1 2 3 4 5 **B** 1 2 3 4 5 **S** 1 2 3 4 5

Not applicable or unable to address today (circle one)

Signs & Symptoms	Category	Target	Care Description	Notes
<ul style="list-style-type: none"> ○ Sedentary lifestyle ○ Inadequate/inconsistent exercise routine ○ Inappropriate type/ amount of exercise for age/physical condition ○ Other 	CM	Medical & dental care	Consult With Your Physician	
	CM	Physical Therapy Care	Physical Therapy Evaluation and Development of Tailored PA Program	
	TGC	Dietary Management	Recommendations for Exercise	
	TGC	Exercises	Aerobic Exercise of Moderate Intensity	
	TGC	Exercises	Aerobic Exercise of Vigorous Intensity	
	TGC	Exercises	Muscle Strengthening: 2-3 Days Each Week, Alternating with Aerobic Exercise	
	TGC	Exercises	Building Bone Density	
	TGC	Wellness	Lifestyle Activities – Integrate into Weekly PA Routine	
	TGC	Support Systems	Adequate Support Systems Help Improve Weight Loss Outcomes	
	TGC	Behavior Modification	Behavior Therapy Combined with Dietary Adjustments And Routine Physical Activity	
	SIGNATURE			COUNTY