

# 5

steps to change how physicians help patients with their weight



SOCIETY OF BEHAVIORAL MEDICINE

The Society of Behavioral Medicine (SBM) recommends improving how primary care physicians are trained to help patients who are overweight or have obesity manage their weight.



## The Problem

Primary care clinicians do not have adequate knowledge or training in how to provide minimal treatment or appropriate referrals for patients who are overweight or who have obesity.

## Step 1: Improve Education

Health professional educators and accrediting agencies should include obesity and overweight management education for primary care physicians.



## Step 2: Promote Referrals

Promote referrals for psychologists, dietitians, and other health care professionals as critical members of weight management care teams.

## Step 3: Increase Reimbursement

Increase Centers for Medicare & Medicaid Services (CMS) reimbursement levels for primary care physicians who provide obesity and overweight management education during primary care patient visits.



## Step 4: Expand Reimbursement

Expand CMS reimbursement in the primary care setting to include psychologists, dietitians, and other health professionals who provide services for patients who are overweight or have obesity.



## Step 5: Work in Teams

Create initiatives for interprofessional team delivery of obesity and overweight management services.



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