Michigan Quality Improvement Consortium
Clinical Practice Guideline Update Alert

Guideline: Management of Overweight and Obesity in the Adult

Released: March 2019

This alert provides a summary of only the recommendations which were updated. Refer to the complete guideline for all recommendations and level of evidence.

Updated recommendations include:

**Patients with BMI ≥ 30 or ≥ 27 with other risk factors or diseases**

Interventions to promote weight management:

- Consider referral to intensive, multicomponent behavioral interventions to promote improvement in weight status.
- Consider pharmacotherapy **only** for patients with increased medical risk because of their weight who fail intensive lifestyle changes alone. Pharmacotherapy is more effective when used along with intensive lifestyle changes.