

*Presented at the 41st Annual Meeting of The Obesity Society at Obesity Week®  
October 13th - October 17th, 2023  
Dallas, TX, USA*

*Poster-299*

## **Obesity Management for Primary Care: a Clinical Decision Support System and Online Nutrition Program**

---

*Athena Nathan, Hunter Turnipseed, Erica Martinez, Rohan Dhurandhar, Emily Dhurandhar, Nikhil Dhurandhar, Leah Whigham*

---

**Background:** The number of obesity specialists is inadequate to meet the demand for evidence-based obesity management, and primary care providers (PCPs) must be recruited to make access to obesity care widely available. Yet many PCPs face barriers such as lack of training and time with patients. To address these barriers, we developed an obesity clinical decision support system (CDSS) integrated with Small Changes, an online patient-driven structured nutrition program for weight loss. We report here the weight loss results from an initial pilot implementation of the software in a primary care setting.

**Methods:** The CDSS provides step-by-step guidance to PCPs on obesity-specific history and physical examination and treatment specific lifestyle review, including consideration of current medications that may interfere with weight loss and patient-specific indications and contraindications for anti-obesity medications (AOMs). Small Changes guides the patient to select a meal plan based on personal preferences and lifestyle. The program was used with 16 patients by a single PCP who was not an obesity specialist. Height, weight, and body composition were measured in the clinic. Program is ongoing; we present data here from the first 60 weeks. Treatment duration ranged from 4 to 60 weeks. All but one patient completed at least 12 weeks. Body composition by bioelectrical impedance analysis was completed for 11 patients.

**Results:** Overall, total mean weight loss was 7.7% (3.2 to 18.7%) with 63% losing at least 5% and 31% losing at least 10%. Fat % decreased by 3.2%. Weight loss at 12 weeks was 5.0% (0.75 to 14.6%). About half of the patients declined Small Changes. CDSS facilitated adjustment to existing medications and/or addition of AOMs in 10 patients.

**Conclusions:** This pilot implementation evaluation indicates the obesity CDSS in combination with an option for an online patient-driven nutrition weight loss plan can facilitate weight loss in a primary care setting, without extensive specialized training in obesity medicine.