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# The Impact of WMed Family Medicine Obesity Clinic on Weight Loss and Patient's Overall Health in the Family Health Center, Kalamazoo, MI

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# The Impact of WMed Family Medicine's Obesity Clinic on Weight Loss and Patient's Overall Health

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## Introduction

Obesity is one of our country's greatest health care challenges. More than 37% of adults have obesity. It is associated with common causes of morbidity and mortality, such as, hypertension and diabetes mellitus. Its prevalence has reached widespread magnitude affecting roughly 48% of blacks, 43% of Hispanics, and 35% of whites. Most patients receive little to no education in nutrition and exercise by their primary care physician. The causes of obesity are complex and multifactorial. Its treatment must be tailored to meet the individual needs of the patient. The primary objective of this study was to evaluate the effect of weight loss on patient comorbidities and overall health.

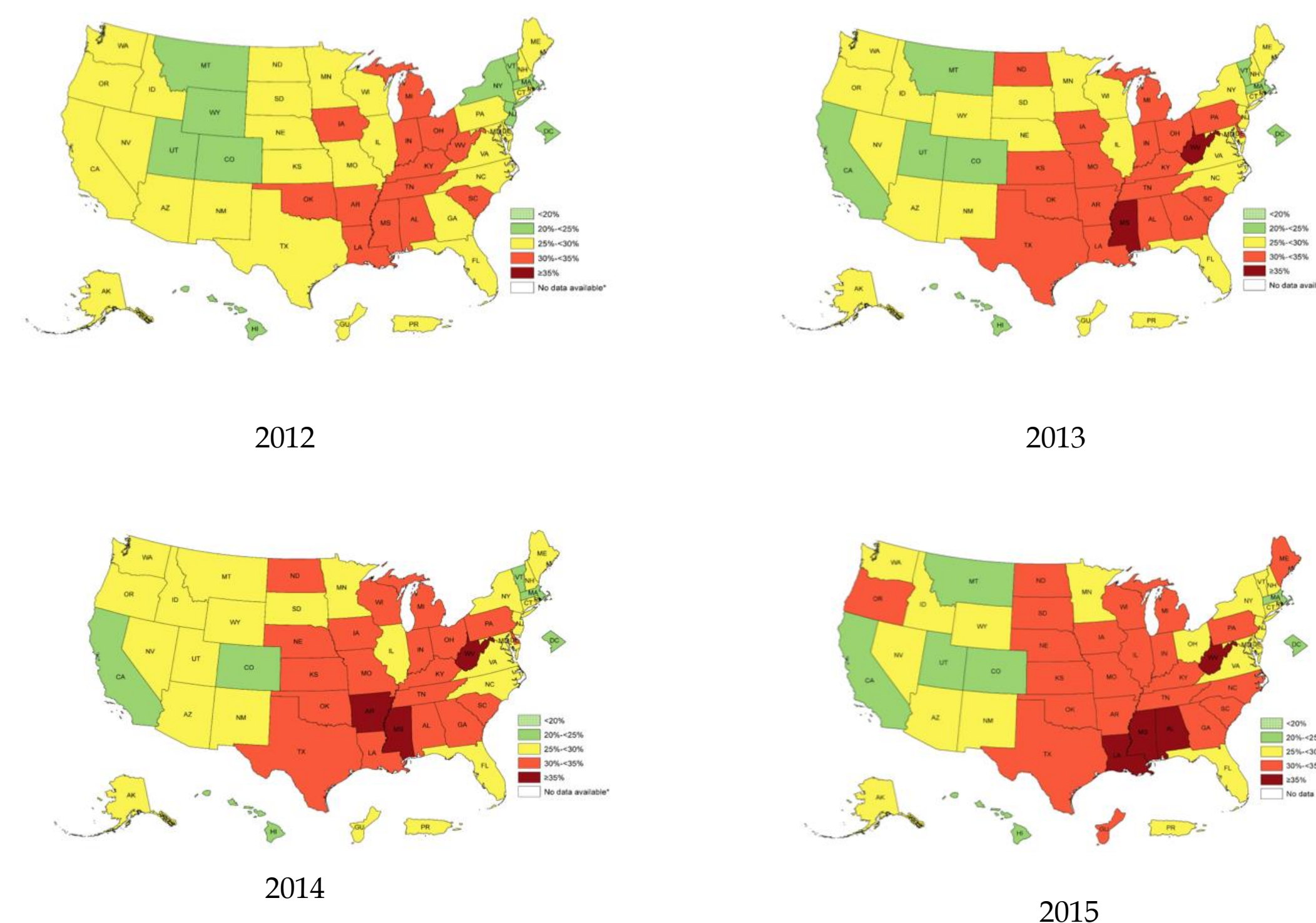
## Methods

This was a retrospective chart review of patients who were treated for obesity with either a low-carbohydrate or low-calorie diet, daily exercise, and the adjunct of weight loss medications. The study consisted of 76 patients from January 2016 to December 2016. Information was gathered from the SuccessEHS and Epic database at the Family Health Center. Selected patients were overweight with a BMI of 25 or greater with at least one or more co-morbidities, including Pre-diabetes, Type 2 Diabetes Mellitus, Hypertension, and Hyperlipidemia. The difference in weight loss, Hemoglobin A1c, blood pressure, and lipid panel were evaluated at 3 months and at 6 months.

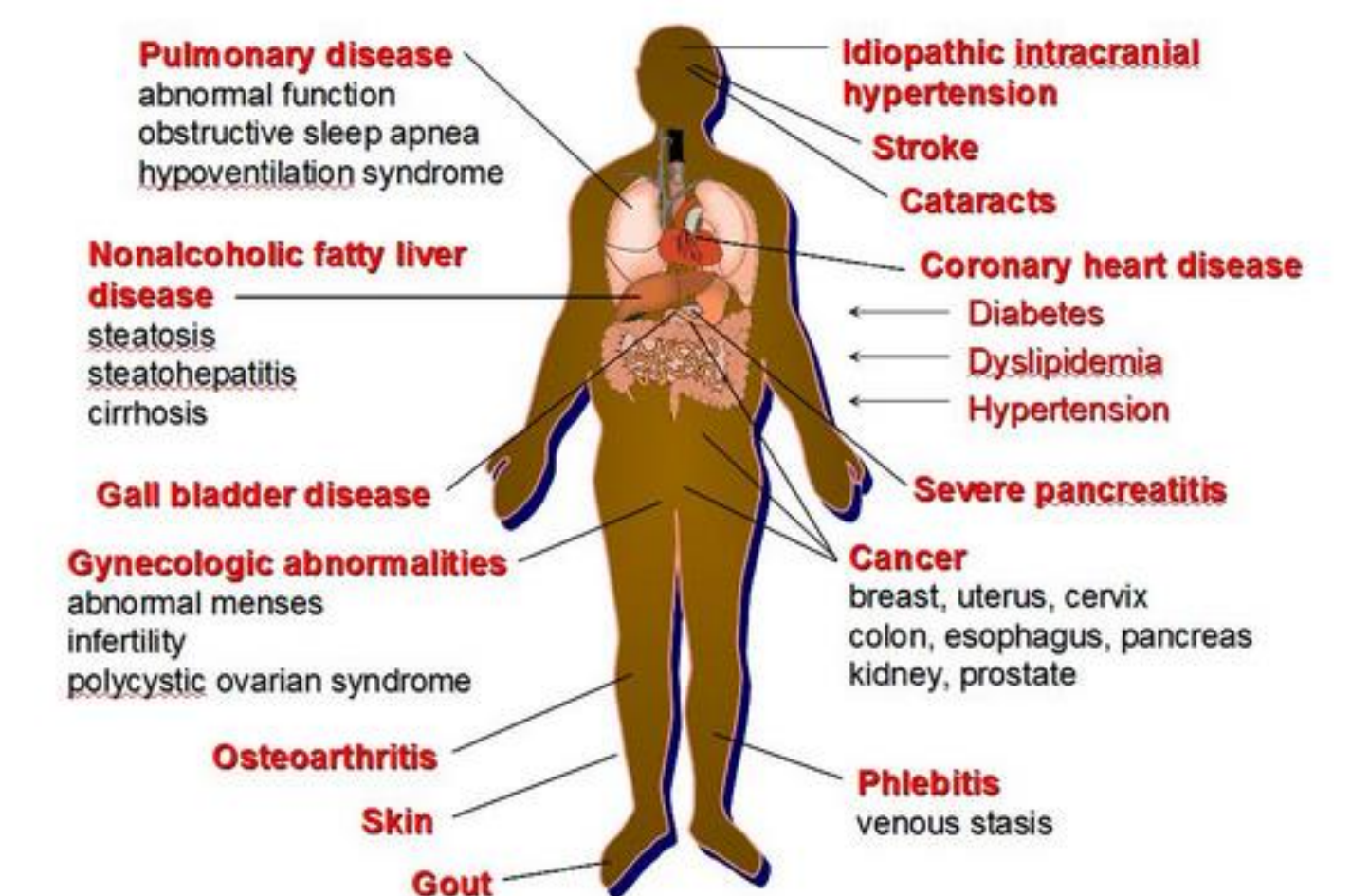
## Results

Patients had an average weight loss of 15 lbs by 3 months and 25 lbs by 6 months. Within the first 3 months, patients with at least a 10% weight loss had a significant improvement in their blood pressure and were able to decrease their blood pressure medications. There was also a 1.3% decrease in their Hemoglobin A1c with a 5% weight loss and an overall improvement in their lipid profile with as little as 3% weight loss.

Progression of Obesity in the US by State from 2012-2015



Medical Complications of Obesity



## Conclusions

Treatment of obesity has a significant impact on the reduction of cardiovascular risk factors. It was shown to reduce the progression of Pre-diabetes to Type 2 Diabetes Mellitus, decrease blood pressure readings, and improve lipid profiles. The implementation of a healthy diet and increased activity in patients may help decrease the morbidity and mortality of many common co-morbidities treated in primary care.

## References

- <https://www.cdc.gov/obesity/data/prevalence-maps.html>
- <http://www.thepeoplesguidetohealth.com/fitness/the-consequences-of-obesity/>