CCMP Guidelines for CPP: OBESITY

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| **GOALS** | 1. Enhance employability by optimizing weight.
2. Educate the student regarding self-management.
3. Reduce the likelihood of long-term complications.
4. Optimize therapy with diet and exercise.
5. Implement regularly scheduled follow-up visits.
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| **Yes** | **No** | **Career Preparation Period** |
|  |  | Establish an obesity action plan for obese students defined as BMI > 30 |
|  |  | Weekly visits initially when engaged in weight management program |
|  |  | Visits every 2-3 months for monitoring if not engaged |
|  |  | Assess vocational training match |
|  |  | Mandatory TUPP/smoking cessation enrollment (if applicable) |
|  |  | Annual influenza vaccination in October or November or upon entry |
|  |  | Emergency response plan |
|  |  | Obtain baseline fasting laboratory studies:Glucose, insulin, glycohemoglobin (A1C)Cholesterol – total HDL, LDL, triglyceridesLiver enzyme – AST, ALT, alkaline phosphataseThyroid screen – TSH |
|  |  | Educate student about potential obesity complications: Cardiovascular (hypertension, hyperlipidemia, cor pulmonale)Diabetes mellitus, type 2Pulmonary (sleep apnea)Liver (steatohepatitis)Gallbladder (gallstones)Reproductive (PCOS)Orthopedic (SCFE)Skin (acanthosis nigricans, striae)CNS (pseudotumor cerebri)Psychosocial/quality-of-life issues |
|  |  | Educate student about lifestyle choices: Weight managementEncourage fruits, vegetables, low fat milk, increased fiberAvoid soda and fruit juices* Encourage aerobic physical activity (30 minutes per day, 5 days per week)

Avoid sedentary lifestyle (limit TV and other screen time)Avoid smokingLimit alcohol use |
|  |  | Encourage participation in a weight management program (on or off center) |
|  |  | Educate student on weight management as it relates to employment |