



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 \geq 30 or \geq 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.