



# **Behavioral Approaches to Treating Obesity: Helping Your Patients Make Changes That Last**

*Birgitta Adolfsson Ph.D., Marilyn S. Arnold M.S.*

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As governments and health care systems direct more attention and resources to treating the rising rates of obesity worldwide, one aspect of the condition has become very clear: obesity is best treated as a chronic condition. The most effective approach to care is often a behavioral one, in which health care providers and patients rely on teamwork, respect, and conversation to motivate lifestyle change. This collaborative model is essential because decisions about care ultimately rest with the patient. Working together, care providers and patients can help patients learn to make healthy choices throughout their lives. An effective and detailed new guide for health care providers, **BEHAVIORAL APPROACHES TO TREATING OBESITY** embraces this new understanding about treating obesity and explains how to help patients direct their own lifestyle change. With this new self-directed approach to clinical care, patients assume more responsibility for their treatment plans, whereas care providers learn to take on the role of guide or counselor. Within these pages, you will find strategies for encouraging patients and equipping them for lifestyle change. You'll also discover practical advice on issues such as arranging the physical environment of your clinic to accommodate obese patients and building a program to meet the needs of patients in a chronic-care treatment plan. This book also contains: \*\*A wealth of case studies to illuminate key issues in behavior change; \*\*Charts and tables to help you understand and suggest behavioral approaches; \*\*Step-by-step instructions on helping your patients begin lifestyle change; \*\*Descriptions of how to design and organize an obesity treatment program; and \*\*Useful methods of building a collaborative health care team. With all these insights and more, **BEHAVIORAL APPROACHES TO TREATING OBESITY** will give you the tools and direction you need to prepare your patients for healthier living.

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