

Program Protocols for Assessing and Follow Up of Obesity

Protocols were developed utilizing the Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. The report may be found at the following website:

- Clinical Guidelines on the Identification, Evaluation and Treatment of Overweight and Obesity in Adults
www.nhlbi.nih.gov/guidelines/obesity/ob_home.htm
Length: Can view in Sections

Cardiovascular/Diabetes (CVD) Screening Policy

The policy for CVD screening of clients (40-64 yrs.) will be as follows:

- Clients who have never been enrolled or screened at any time and are 40-64 years of age, will be eligible to receive an initial CVD screening in conjunction with the Breast and Cervical Screening visit.
 - The client should arrive at her appointment fasting. (No food or drink for 9 hours.)
- Clients will be eligible for a second required CVD screening at her next Breast and Cervical screening visit.
 - This visit will be indicated on the label found on the Screening Visit Card.
 - This visit should be 12-18 months after the initial screening visit.
- Previously screened clients who are due for annual rescreening, should be screened according to National Guidelines and based on client risk factors.

NOTE: A CVD screening includes all of the following at each visit:

- Height/weight measurements
 - Waist circumference measurement
 - Fasting Blood glucose or an Hgb A1C if client is a known diabetic
 - **Two** blood pressure readings
 - Fasting Total Cholesterol and HDL testing
- Only labs drawn for clients that meet the above eligibility requirements will be paid by the program. No other follow-up visits or lab work will be payable.

Lab Test	Normal	At Risk/Abnormal	Alert
Fasting Glucose	<100 mg/dL	>100, <375 mg/dL	>375 mg/dL
Total Cholesterol	<200 mg/dL	200-400 mg/dL	>400 mg/dL
HDL	40-59 mg/dL, >60 mg/dL	<40 mg/dL	
Systolic Blood Pressure	<120mm/Hg	120-180 mm/Hg	>180 mm/Hg
Diastolic Blood Pressure	<80 mm/Hg	80-110 mm/Hg	>110 mm/Hg

At a minimum, all clients eligible for CVD Screening must receive total cholesterol and HDL.

- Clients will receive Lifestyle Interventions (LSIs) according to her fasting lab values. NHANES (National Health and Nutrition Examination Survey), and NHLBI (National Heart, Lung, and Blood Institute) recommendations were used to identify alert values for the EWM program.
- Those clients with normal values, as indicated in the table, will be referred to no-cost/low-cost community resources.
- Those clients with at risk/abnormal values, as indicated in the table, will receive four months of intervention management with the Regional Lifestyle Interventionist.
- Those clients with alert values, as indicated in the table, will receive four months of intervention management with the Regional Case Manager.

Clarification:

- All labs must be completed at one time. Labs may be drawn up to two weeks prior to or after the breast and cervical screening visit.
- A CVD follow up visit is any visit that takes place other than at the time of a routine breast and cervical screening visit. A CVD follow up visit is **not** payable through the EWM program.
- A client may return for lab draw **ONLY** if she was not fasting at the initial lab visit. EWM will be monitoring healthcare provider offices to determine if there is a trend in non-fasting client arrivals and will follow up accordingly.
- EWM will **ONLY** pay for a Hgb A1C diabetic test for a client who is a known diabetic when the lab work is done at the time of a cholesterol test.
- Lifestyle Interventions (LSIs) include education and support aimed at improved health behaviors. Primary areas of focus are increased physical activity, improved nutrition and tobacco cessation.