**PATHWEIGH™: A Workflow and Disease State Optimization Tool for Chronic Weight Management Within an Integrated Primary Care Setting**

**PRESENTATION: Lauren Woodward Tolle, Ph.D.**

**INTRODUCTION**

Obesity has steadily increased over time and has been linked to over 237 comorbidities.

Obesity is not only a risk factor for disease, it is a serious chronic illness itself, though rarely diagnosed and even more rarely treated.

To address these barriers and facilitate the practice of obesity medicine, we developed the PATHWEIGH™ method, a workflow and disease state optimization tool for chronic weight management in primary care. The purpose of PATHWEIGH™ was to design a scalable, iterative clinical tool that effectively helps patients to lose weight and maintain weight loss.

**METHODS**

Participants in this pilot study were adults (age ≥18 years) with BMI ≥ 25 kg/m² seen in one of two primary care clinics (PATHWEIGH™ vs. standard of care (SOC)) in close proximity between January 1, 2018 and June 15, 2019.

**RESULTS**

Average weight loss (A) and percent weight loss categories (B) for PATHWEIGH™ and SOC patients.

**The Problem:**

- Obesity is a rising global health crisis with tremendous human and economic cost.
- Despite the overwhelming prevalence and health implications, it is rarely addressed in a health care setting.
- Providers and patients alike cite innumerable barriers as to the reasons why.

**The Current Study:**

- The current study provides a framework to systematically address and deconstruct these barriers.
- PATHWEIGH™ version 1.0 capitalizes on conventional workflow in the clinic setting avoiding the need for retraining and disruption.
- The data capture tool is built into EPIC – the single most widely utilized electronic medical record in the U.S. – to facilitate uptake.

**Future Directions:**

- Future iterations will use the data generated from the PATHWEIGH™ program to derive probability estimates that will be used to inform clinicians which approaches are likely to produce the most weight loss and weight loss maintenance for individual patients.