

CASE 1: ADULT WEIGHT MANAGEMENT



Meet Mr Robertson

Case 1 addresses adult weight management in the context of Mr Robertson, a 65-year-old man whose family doctor is concerned about his recent weight gain. Mr Robertson's diet is high in occasional foods and exceeds his recommended daily energy intake. Since retiring six months ago, he has adopted a sedentary lifestyle.

PATIENT INFORMATION

AGE: 65 years old
WEIGHT: 90 kg
HEIGHT: 175 cm
BMI: 29 kg/m²
PA: Sedentary

CASE MATERIALS

Learning Outcomes

Perspective

- » Introduction to Obesity
- » Major Risk Factors for Obesity
- » Diagnosing Overweight & Obesity
- » Measuring Body Fat
- » Body Mass Index
- » BMI Classification of Overweight & Obesity
- » Waist Circumference
- » Intervention Summary

Mind Maps

- » Nutrition Assessment
- » Nutrition Diagnosis
- » Nutrition Intervention
- » Nutrition Monitoring & Evaluation

Resources

Story

- » Talk with Mr Robertson – Videos

Diet History

ACTIVITIES

- 1.1** Apportioning Recipes
- 1.2** Completing Nutrition Analysis (Ready Reckoner Approach)
- 1.3** Evaluating Food Servings (Ready Reckoner Approach)
- 1.4** Comparing to Dietary Guidelines
- 1.5** Plotting BMI Trends
- 1.6** Estimating Energy & Protein Needs
- 1.7** Evaluating the Impact of Physical Activity
- 1.8** Assessing Knowledge, Beliefs & Attitudes
- 1.9** Summarising Nutrition Assessment
- 1.10** Creating an Initial List of Nutrition Diagnoses
- 1.11** Developing PES Statements
- 1.12** Formulating a Nutrition Prescription & Aims
- 1.13** Creating an Initial List of Nutrition Interventions
- 1.14** Re-Evaluating the Initial Nutrition Diagnosis & Nutrition Intervention
- 1.15** Formulating Specific Behavioural-Change Targets
- 1.16** Creating a Plan for Nutrition Monitoring & Evaluation
- 1.17** Nutrition Progress Note
- 1.18** Closing Video