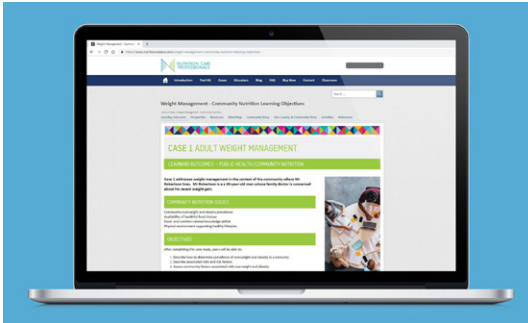


# PUBLIC HEALTH: WEIGHT MANAGEMENT



## Lynn County IA

**PH Case 13** addresses weight management in the context of the Lynn County community where Mr Robertson lives. Mr Robertson is a 65-year-old man whose family doctor is concerned about his recent weight gain. He is referred to a dietitian to provide individual medical nutrition therapy for weight management (See Case 1: AWM).

Meanwhile, at a community level, the public health/community nutrition professionals have been tasked to address the overweight/obesity prevalence in Lynn County.

## EDUCATOR MATERIALS

- Confidential Answer Guides
- Discussion Guide PowerPoint
- Activity Grading Form
- Technical Support for Your Classroom

## 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

Linn County, IA Story

## ACTIVITIES

- 13.1** Identifying Relevant Community Assessment Data for Overweight/Obesity Initiatives
- 13.2** Evaluating the Status of Previous Nutrition Problem (Nutrition Diagnosis)
- 13.3** Nutrition Diagnosis/Problem(s) Planning — Next Three Years
- 13.4** Goal Planning — Next Three Years
- 13.5** Selecting Population Strategies
- 13.6** Selecting Indicators For Monitoring and Evaluation
- 13.7** Executive Summary
- 13.8** Video — Answer Board of Health Questions

## Introducing NCPRO's NEW Public Health Case Studies

This public health/community nutrition case study is ideal for interdisciplinary practice. Our latest addition to the NCPRO Suite has been designed for teaching alongside the Clinical Dietetics Adult Weight Management Case.

NCPRO's Public Health case study follows the Nutrition Care Process on a population-based scale. The same great case structure delivered for a new discipline.

