

HISTORY OF OBESITY

- discuss their problem in a non-judgmental or threatening way.
- **Is their weight perceived as a problem?**

Weight History

- How long have they had a weight problem?
- What about their current weight? Is it too much?
- Have they been bigger?
- Have they tried to lose weight? - when and how?
- Why do they think they have gained weight?
- Did they manage to lose weight after their pregnancies?

Eating Patterns

- people tend to under-report their intake whether they are obese or not.
- an overview of their eating patterns rather than take a detailed dietary history.

Useful questions include;

- How does your eating relate to that of your friends?
- Are you a big, medium or small eater?
- Do you snack between meals?
- Do you eat at night?
- Do you ever get hungry (most don't) and if so when?
- Are you trying to control your weight?

Activity

- What is your regular activity, at work, leisure etc?
- Is there anything that stops you being active? (eg arthritis, back problems, time, embarrassment etc)
- What activity can you do?
- Do you get short of breath?
- Did you do regular activities eg sport, training, that you don't do now?

Family

- Is there a family history of weight problems? Who?
- What about your children?
Is there a family history of metabolic disease (Type 2 diabetes, lipid problems) or heart problems or hypertension?

Health Problems

Current: (many have arthritis, hypertension, Type 2 diabetes, sleep apnoea) - How are these being treated and do they restrict your lifestyle?

Past: Major medical illnesses, operations (often had cholecystectomies or back/joint operations), depression (this may influence the use of pharmacotherapy)

Current Medications:

Think about those that may change weight:

- glucocorticoids, betablockers (less exercise), antidepressants.
(Hormone replacement therapy (HRT) and menopause are often associated with weight gain, but the evidence for this in trials of hormone therapy is contradictory. At menopause women tend to gain abdominal fat)

Current Symptoms

- Do you get short of breath on walking?
- Do you snore, have daytime sleepiness, lack concentration etc?
- Do you have joint aches / problems?
- Is sexual activity an issue?
- For women it is essential to ask about their periods, whether they are regular or whether there has been any alteration with weight change.
- Also ask about increasing body and facial hair (hirsutism).

