Obesity is a modifiable risk factor that every leading cause of death in the U.S. has in common. An obese individual is defined as one who has a body mass index (BMI) of greater than 30.0 (CDC, 2016; NIH, 2017; WHO, 2017).

In 2015, WI ranked 19th in the country for states with the highest population of obese citizens at 30.7% (Wisconsin DHS, 2016).

36.5% of the nation’s population is obese and nationwide the cost of health care related to obesity in 2008 was estimated at $147 billion dollars (CDC, 2016).

Primary, secondary or tertiary prevention can be used by APN's in a variety of health care settings. The foundation is trust and the shared goal of health and wellness. It encompasses all aspects of a healthy lifestyle with emotional support. No limitation of utilization. Individualized planning to avoid barriers. Cultural/Religious, Economic Status, Location.

Highly individualized journey. Refer if further assistance is needed (ex: Dietician, weight loss program, or Bariatric Surgeon).

BMI is a screening tool, not diagnostic. Perform a health assessment and utilize other measurements such as abdominal circumference to diagnosis.


