

# COUNTY OF SUFFOLK



STEVEN BELLONE

SUFFOLK COUNTY EXECUTIVE

DEPARTMENT OF HEALTH SERVICES

JAMES L. TOMARKEN, MD, MPH, MBA, MSW

## Obesity Prevention in the Primary Care Setting

### Resources for Primary Care Providers

#### Discussing Weight Loss with your Patients

[3 Steps to Initiate Discussion about Weight Management with your Patients](#) (4pgs)

[Healthier Life Steps Program](#)

[Medical Care for Patients with Obesity](#)

[Primary care providers' communication with patients during weight counseling: a focus group study](#)

[STOP Why Weight? A Guide to Discussing Obesity and Health with your Patients](#) (22pgs)

[Talking with Patients about Weight Loss: Tips for Primary Care Providers](#) (6 pgs)

[Talking with Patients about Weight Loss: Tips for Primary Care Professionals](#) (US HHS) (6 pgs)

[The Practical Guide: Identification, Evaluation, and Treatment of Overweight and Obesity in Adults](#) (92pgs)

#### Patient Tools:

[Active at Any Size](#) (23pgs)

[BMI Calculator](#)-Includes resources on assessing weight, health risks, healthy eating and physical activity.

[Just Enough For You: About Food Portions](#) (21pgs) *Spanish*

[The World Around You](#) (8pgs)

[Tips to Weight Loss Success](#) (2pgs)



OFFICE OF THE COMMISSIONER  
3500 Sunrise Highway, Ste. 124, PO Box 9006, Great River, NY 11739-9006  
(631) 854-0000 Fax (631) 854-0108