

Frequency of Health Care Provider (HCP) Reported Barriers to Diagnosing and Managing Overweight/Obesity

HCP reported Barriers	Frequency
HCP factors	
-Lack of time to counsel	8
-Lack of knowledge/confidence	8
-Fear of embarrassing patient	2
-Frustration from prior attempts	1
-Forgetting to talk about it or document it/ complacency	2
-Perception of patient motivation/compliance	7
-Lack of belief the treatment will be effective	5
Patient factors	
-Frustration from prior attempts	1
-Lack of motivation	1
-Lack of knowledge	1
-Lack of family or community support	1
-Fear of embarrassment	1
-Cost concerns	1
Environmental and cultural factors	
-Cultural practices	1
-Social or family support	1
-Environmental milieu	3
Economic factors	
-Patient costs	1
-Direct obesity care, comorbidities	1
-Health care system costs	1
Allied health care factors	
-Nonreferral to dietitian	1
-Patients not informed of BMI	1
-Limited time to counsel	1
Medical system factors	
-Limited resources	4
-Higher initial cost of clinic visits	1
-Insurance or Medicare reimbursement issues	6
-Patient or physician not informed of BMI at office visits	1

Adapted from: Bardia, A., Holtan, S.G., Slezak, J.M. & Thompson, W.G. (2007).
Diagnosis of obesity by primary care physicians and impact on obesity management.
Mayo Clinic Proceedings, 82(8), 927.