



## How Can I Help My Patients Set Goals?

### Ask Your Patients:

“What are your goals regarding your weight?”

“What kind of changes would you be willing to start with?”

“What kind of help would you like from me in regards to your weight?”

## What is a Reasonable Weight-Loss Goal?

- Losing weight too quickly may contribute to health problems, such as gallstones.
- A 5% to 7% percent reduction in body weight over 6 months is a sensible goal.
- One-half to 2 pounds per week is a safe rate of weight loss.

## Does Your Patient Have Metabolic Syndrome?

A diagnosis of metabolic syndrome can be made if the patient has 3 or more risk factors.

Trait	Categorical Cut Point
1] Elevated Waist Circumference	≥ 35 inches in females Note: Population/Country Specific Definitions ≥ 40 inches in males
2] Elevated Triglycerides (or drug Tx for ↑ TG*)	≥ 150 mg/dL
3] Reduced HDL-C (or drug Tx for ↓ HDL*)	< 40 mg/dL males < 50 mg/dL females
4] Elevated Blood Pressure (or HTN Hx or drug Tx)	≥ Systolic 130 and/or Diastolic 85 mmHg
5] Elevated Fasting Glucose (or drug Tx for hyperglycemia)	≥ 100 mg/dL

\* Primarily refers to fibrates, niacin, fish oil/ω-3 FAs

Alberti KGMM, et al. *Circulation*. October 20, 2009;120(16):1640-1645.

### Additional Resources for Health Care Providers:

Access additional brochures and fact sheets online at <http://www.win.niddk.nih.gov/publications>