

Regence

Clinical Practice Guideline

Identification, Evaluation, and Treatment of Overweight and Obesity in Adults

Revised / Effective: July 2024

Next Review: July 2026

RECOMMENDATION SUMMARY

The health plan supports the recommendations of the Veterans Administration/Department of Defense (VA/ DoD) for the Management of Obesity and Overweight in adults.

REFERENCE

Veterans Administration /Department of Defense (VA/DoD). (2020). Management of Adult Overweight and Obesity. Available at: <https://www.healthquality.va.gov/guidelines/CD/obesity/>. Accessed June 18, 2024

POSITION STATEMENT

The VA/DoD guidelines are supported by the health plan because they are based on scientific evidence, and where evidence is lacking, on expert panel consensus judgment. The guidelines reflect the current standard of care.

- The panel members are recognized experts practicing in a variety of specialty areas.
- Recommendations are based on a well-defined, comprehensive scientific literature search.
- Methods used to select appropriate scientific literature are well defined.
- The methods used to critically appraise the evidence supporting guideline recommendations are transparent.
- The guidelines clearly state the strength of the evidence for which recommendations are based.
- Sources of funding is the United States Government.

GUIDELINE ADOPTION AND RECOMMENDED USE

This guideline has been adopted based on nationally recognized sources. This guideline is based on the most recent medical evidence available at the time of the report or on a consensus of panel experts. The health plan adopts guidelines to help practitioners and members make decisions about appropriate health care for specific conditions. Guidelines are not a substitute for professional medical advice.

BENEFIT DETERMINATION

Benefit determinations should be based in all cases on the applicable contract coverage. To the extent that there are any conflicts between these guidelines and the contract language, the contract language takes precedence.

Date of Origin: February 2008