

Section 8. Knowledge of Body Weight

Summary and Recommendations

Canada, Health Canada. The Canadian Task Force on Periodic Health Examination. The Canadian Guide to Clinical Preventive Health Care, 1994

1. *Counseling to prevent obesity. There is insufficient evidence as to whether or not to recommend primary prevention counseling for obesity. Type of recommendation: (C).*
2. *Height and weight monitoring, calculation of BMI, and treatment of obesity. There is insufficient evidence as to whether to include or exclude EPS. Type of recommendation: (C). Weight loss should be recommended carefully for obese people with other coexisting conditions, such as diabetes, hypertension and hyperlipidemia.*

Proposed Basic Indicators

No.	Indicator	Numerator/denominator X 100
1.	People who are aware they are overweight or obese...	Number of people who know they are obese....
		Total number of people with a BMI ≥ 27
2.	People who are trying to lose weight	Number of people who are trying to lose weight
		Number of people who are aware they are overweight or obese / Total number of people in the study
3.	People who are trying to maintain their weight	People who are trying to maintain their weight
		Total number of people in the study

